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NOVEMBER 2011

KINKY SEX

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GUYS' TOP SEX SECRETS

We Reveal the Midbooty Thoughts He'd Never Admit to...but You Need to Know

Nicki Minaj

How She Beat the Odds and Learned to Rule Her World

Sexify Your Eyes in Five Minutes

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47 Weird, Amazing Facts About Love

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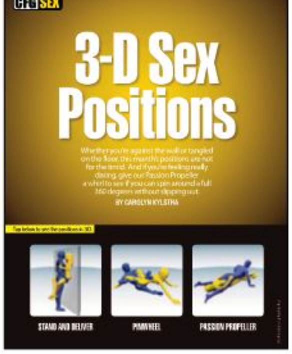

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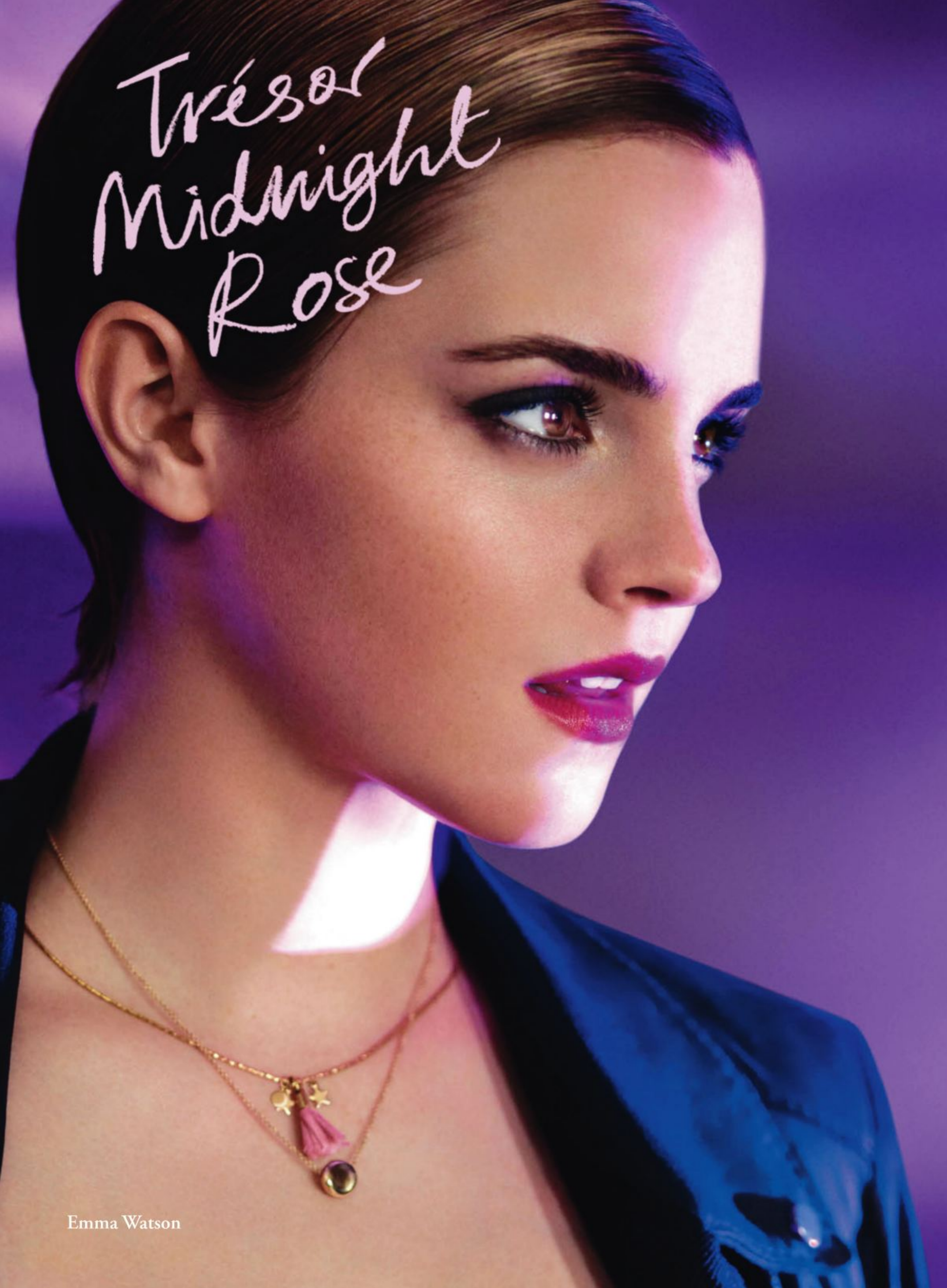

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November

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(From top) CHRIS CLINTON. KEVIN SWEENEY/STUDIO D.

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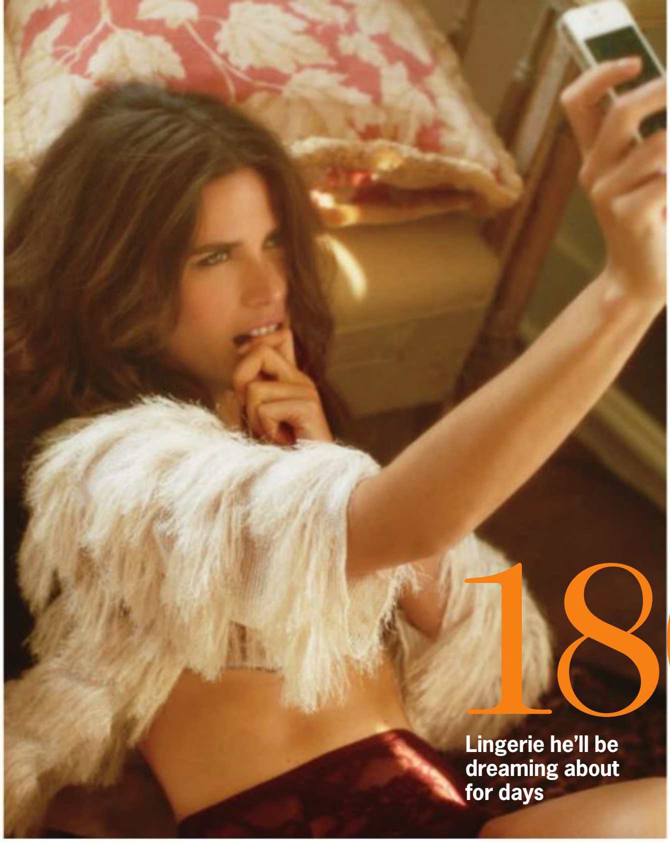

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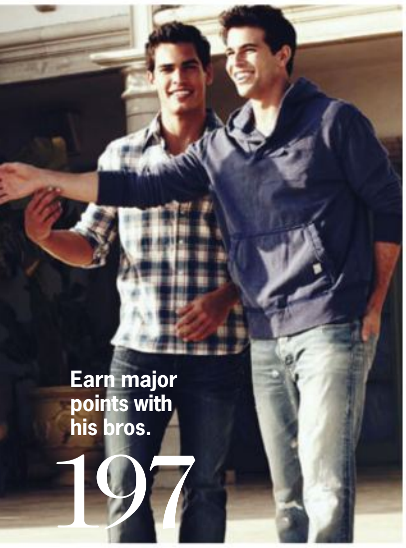

Earn major points with his bros.
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ON THE COVER

Dress by Simone by Katie Nehra; belt by Alaïa; bracelet by Alexis Bittar. To get Nicki's look, try Lipstick in Pink Nouveau, Liquid Eye Liner in Boot Black, Opulash Optimum Black, Strobe Cream, and Nail Lacquer in Steamy, all by MAC Cosmetics. Hair: Terrence Davidson of I Am Talented, Atlanta. Makeup: Day for Buddhaflyy. Manicure: Kimmie Kyees for Orly International/Celestine Agency. Fashion director: Michelle McCool. **Photographed by Matt Jones.**

(From top) KIM MYERS ROBERTSON. John Cullen/Radius Images/Corbis. CHRIS CLINTON.

See page 228 for shopping information.

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10 Things You'll Learn in November Cosmo

Get a sneak peek at some of the most fascinating insights coming up in the pages ahead.

LOVE MAY ACTUALLY BE ABLE TO EASE PAIN. IN A STUDY, PARTICIPANTS HOLDING HOT OBJECTS REPORTED FEELING BETTER WHEN THEY WERE SHOWN PICTURES OF SOMEONE THEY CARE ABOUT. P. 104

ACCORDING TO RECENT RESEARCH, EATING FEWER CARBS REDUCES BELLY FAT. P. 204

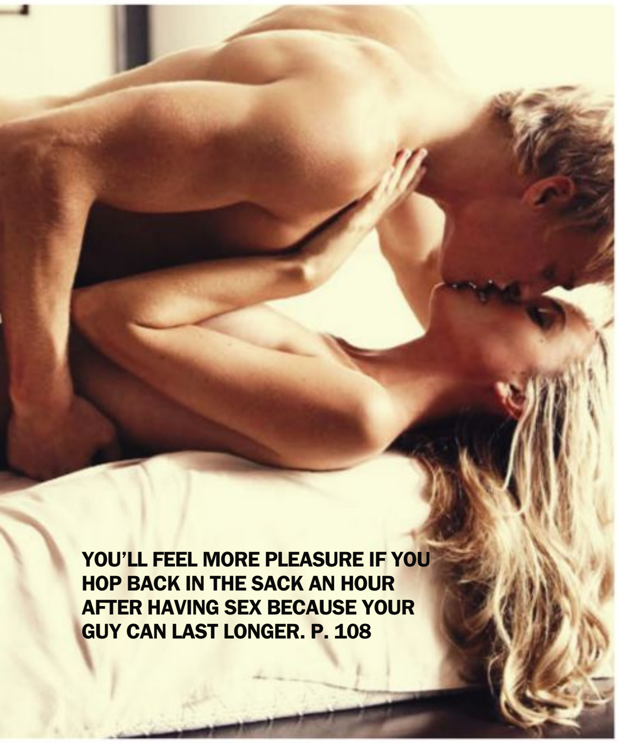
Experts say that compared to other generations, people born after 1980 are more likely to feel lost when they hit a rough patch. P. 140

WARMING UP A BOTTLE OF BODY LOTION IN HOT WATER FOR 5 MINUTES BEFORE APPLYING HELPS SKIN ABSORB IT. P. 92

You can make a bruise vanish by dropping 2 cups of Epsom salts into a warm bath. P. 86

To brighten up your place, put a few mirrors around. It maximizes the light coming in the windows. P. 200

Taking vitamin-E supplements can help ease PMS, a new study confirms. P. 170



YOU'LL FEEL MORE PLEASURE IF YOU HOP BACK IN THE SACK AN HOUR AFTER HAVING SEX BECAUSE YOUR GUY CAN LAST LONGER. P. 108

IT'S SMART TO AT LEAST *OFFER* TO PAY ON A DATE. THE AREA OF A GUY'S BRAIN THAT DEALS WITH ANGER MANAGEMENT IS TRIGGERED WHEN HE FEELS HE'S BEING TREATED UNFAIRLY IN A SITUATION INVOLVING MONEY. P. 52

To prevent your jeans from fading, wash them inside out and add a tablespoon of white vinegar to the load. P. 149

(Bagel, vitamin E, and frame) istockphoto.com. (Couple) **CHRIS CLINTON.** (Male model) **ALEXA MILLER.** (Restaurant bill) Image Source/Getty Images.

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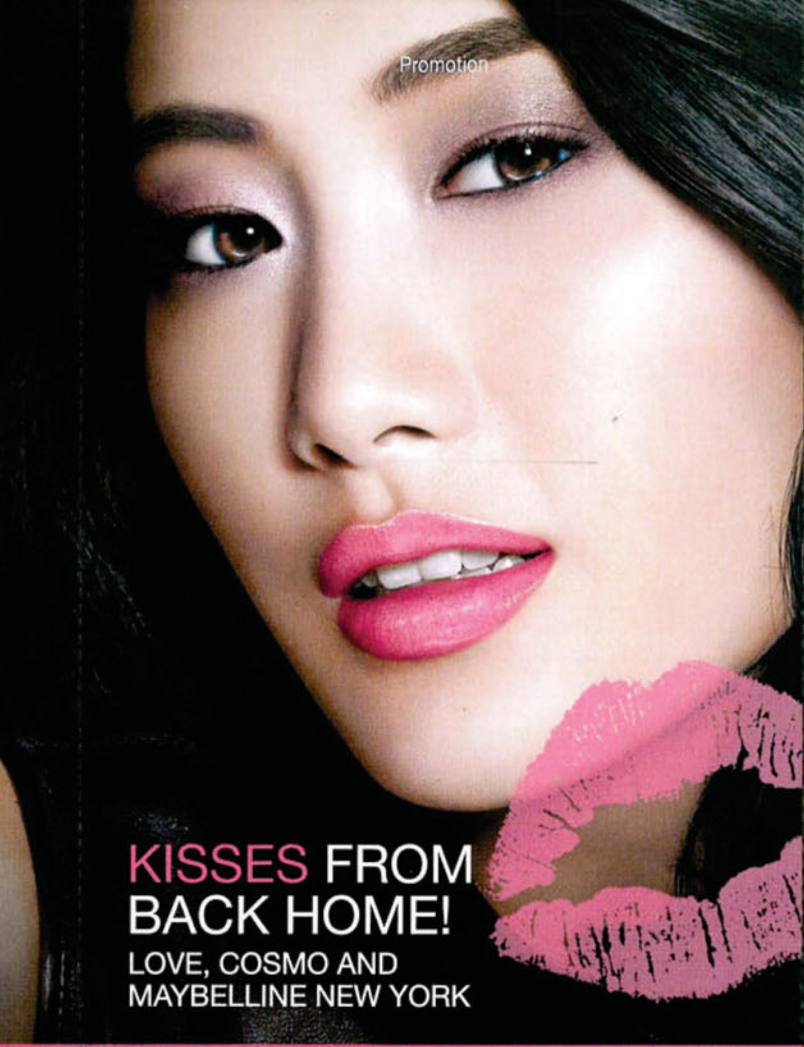
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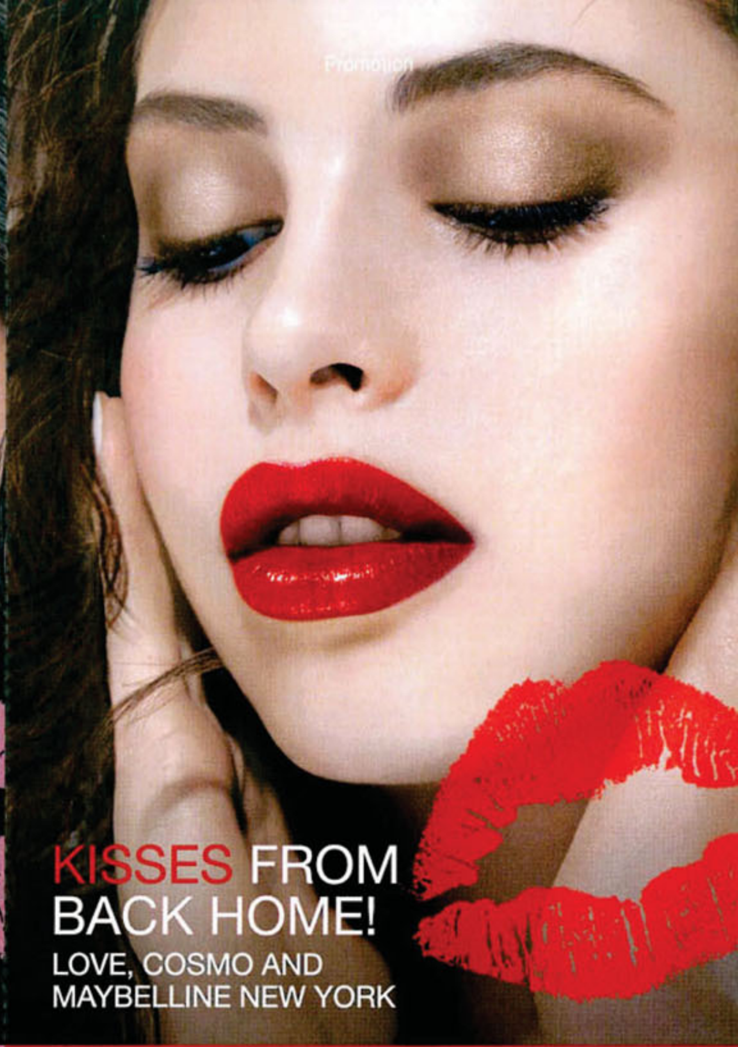
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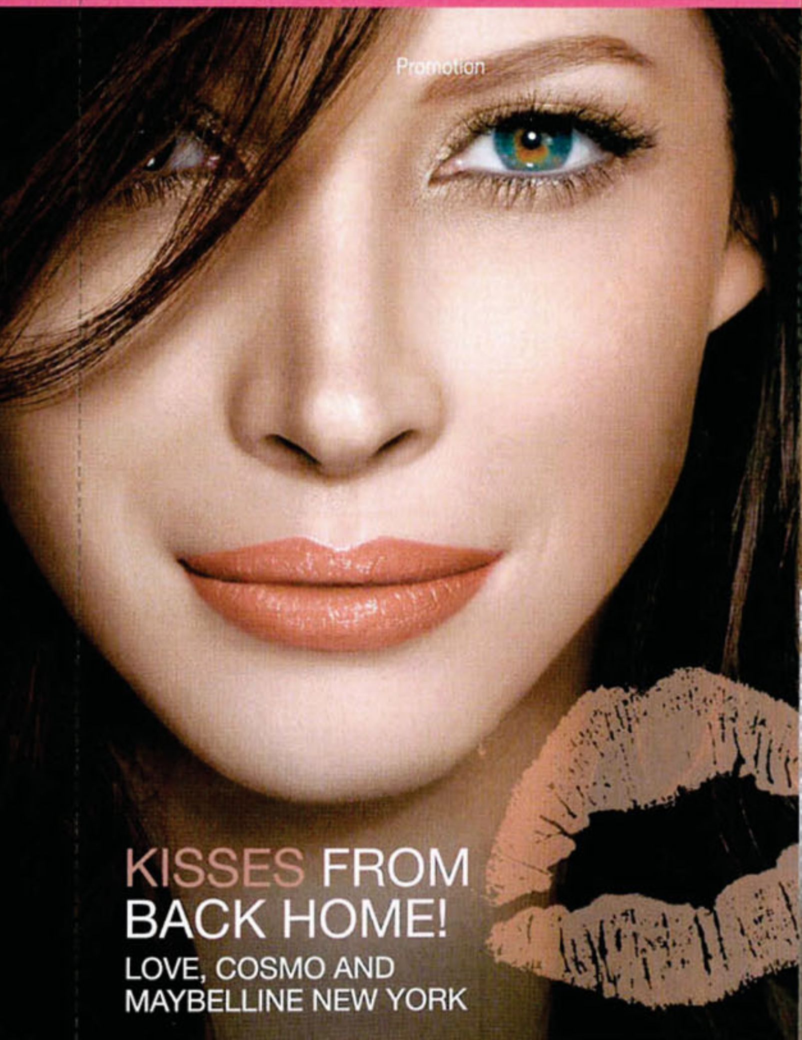
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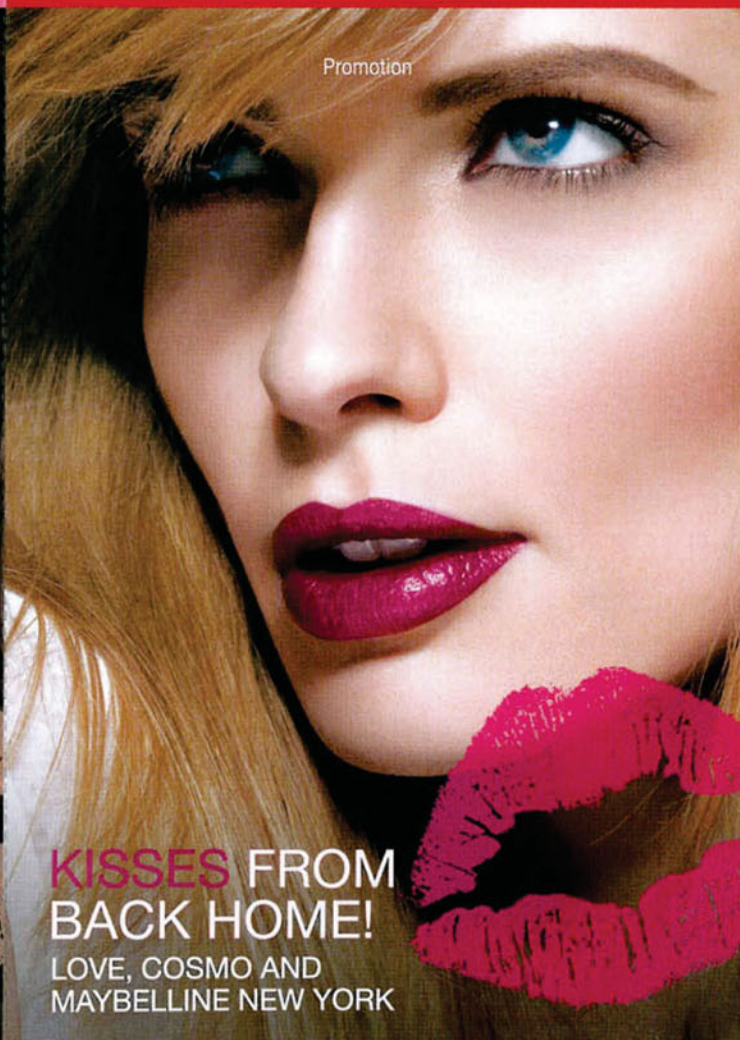
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Fun Fearless Females

Something a little disconcerting happened to me recently. I was talking to a new business associate who mentioned that she had seen a speech of mine on YouTube. "Wait, what do you *mean*?" I asked. I had never put a speech on YouTube and never given anyone permission to do so. But when I checked, sure enough, there it was: a talk I had given ages ago. Although it wasn't anything to be ashamed about—I mean, I didn't strip to my undies during it—it's not one of my favorites. In a sense, I had no one but myself to blame. I didn't put a clause in my contract that the speech could only be publicized with my authorization.

These days, it's really important to be aware of exactly what information—personal and otherwise—is out there about you. Jane Buckingham, the dazzling CEO of the trend-forecasting and marketing firm Trendera, author of *The Modern Girl's Guide to Sticky Situations*, and a regular consultant to Cosmo, says that even though most of us are careful about what we put on our Facebook page, we're not aware how easy it is for the "wrong" info to sneak out in other ways.

"It's not just what you send or post about yourself," Buckingham points out, "it's what *other* people send or post about you. For instance, let's say you're at a kind of crazy party. You wouldn't put up a picture of yourself from that night, but someone could snap a photo of you without your realizing it and put it online." In addition to monitoring Facebook, be mindful of what you tweet, text, and blog. Ask yourself, if a panel consisting of your mother, your boyfriend, and your boss read your blog, would you cringe? Even if what you're writing about doesn't seem naughty or provocative, it may still strike potential employers as TMI.

Buckingham recommends that you also do some detective work. Google yourself, for instance, and see what turns up. Hey, you may find that you have a more exciting life than you've acknowledged, but if there's information online that's not so great, take action. "Make a lot of awesome new stuff happen, so the bad stuff moves down the page," Buckingham says. There are even organizations, like reputation.com, that can help remove it. The bottom line: *You* should control what's out there.

Kate White, Editor-in-Chief
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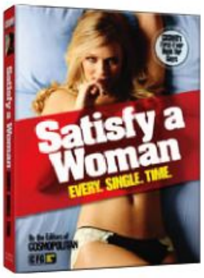
Sexy Stuff Coming Up This Month

Our editors have the toughest job in the world—they had to dress dozens of hot dudes for our annual bachelor feature then watch them pose shirtless. Want to connect with one of them? Turn to page 124.

Sometimes, guys can be a little clueless in bed. Boost his sex IQ with our new book, available at bn.com.



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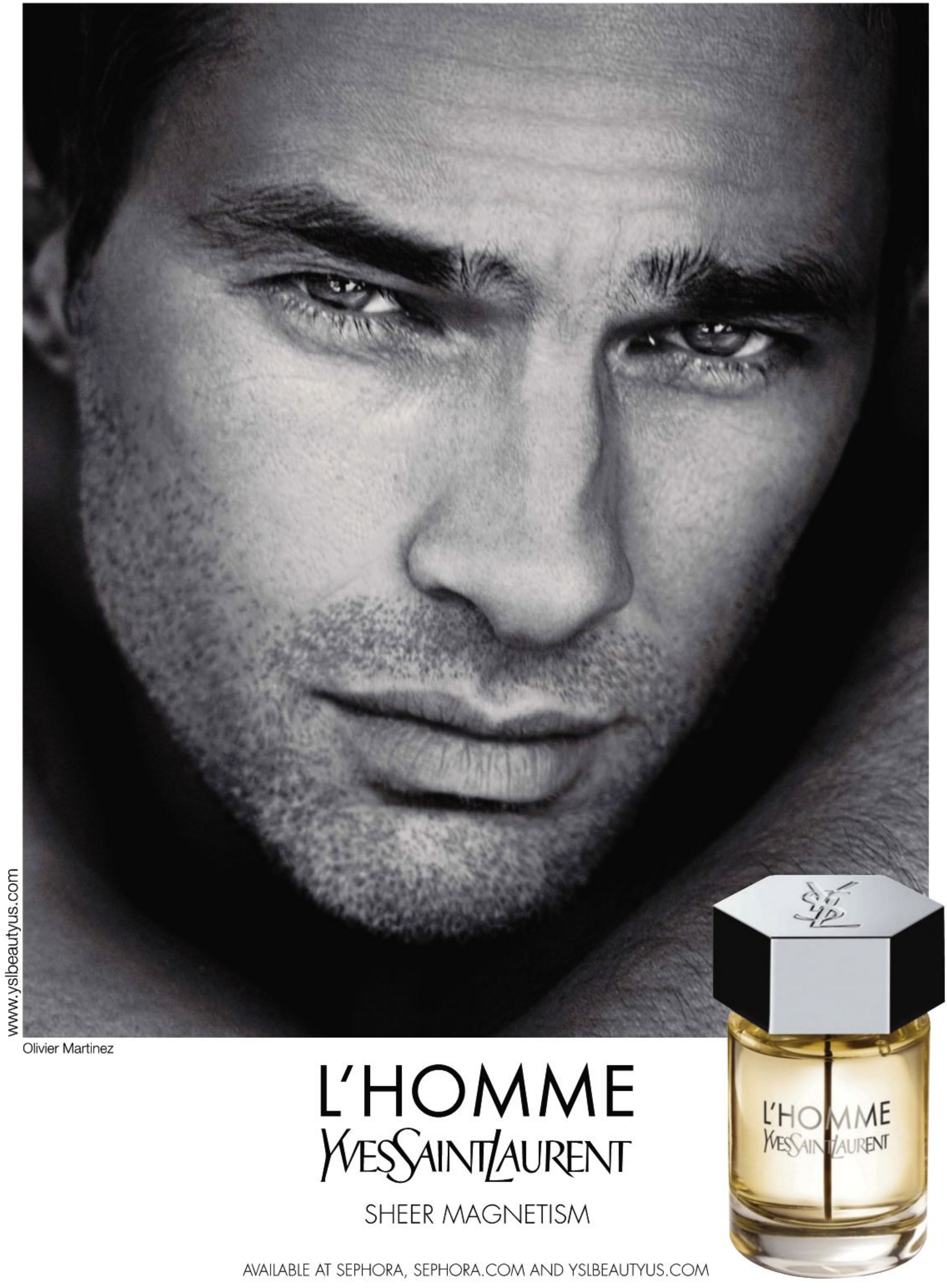
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Cosmo InBox

Elegant Sexy

WINNER Badass Sexy

Wild Sexy

Which Cover Is *Your* Favorite?

In September, we created three Dianna Agron covers, each featuring a different kind of sexy look: elegant, badass, and wild. We asked you to tweet us your fave and got thousands of responses. The winner, with 46% of the votes, was Badass Sexy, followed by Wild Sexy at 39%, then Elegant Sexy, which 15% of people preferred.

What You Thought of the September Issue

Moving Forward

"Thank you for printing the update about the women who lost their fiancées in the 9/11 terrorist attacks in 'Fiancées Who Were Left Behind—a 10-Year Update.' I lost my longtime boyfriend to the war in Afghanistan. I can't tell you how much hope it gave me to know that life after a loss like this does exist." *—Jennifer, San Diego*

Flaunting It on FB

"My sister and I had a conversation about how Facebook makes us feel inadequate, and then the next day, my Cosmo arrived with the article 'Is Facebook Bumming You Out?' about how it brings down girls' self-esteem. It really helped encourage us! Thank you!" *—Elizabeth, Eagle River, Wis.*

A Hairy Issue

"In 'Ask Cosmo,' someone wrote in saying they weren't happy with their haircut and asked if they should go back to have it fixed. Your advice was no, and I disagree. I am a hairstylist, and I encourage clients to come back if they aren't happy. It's important to ensure there isn't a recurring problem with a stylist." *—Christie, Satellite Beach, Fla.*

Cheap Thrills

"I love, love, love the 'Shameless Money-Saving Tricks' page! I'm excited to try out the Shopkick App you suggested in September. Keep 'em coming, please!" *—Shannon, Chicago*

READER DILEMMA: YOU CALL IT

We posted two people's questions online so you could weigh in.

"I was snooping through my guy's phone and noticed that he had been texting a girl I don't know. Should I confront him?"
—Sam, 24

52%
said yes.

"I've been dating my boyfriend for 11 months, and he hasn't asked me to meet his parents yet. Should I be concerned?"
—Laura, 24

76%
said yes.

O face or I-just-said-something-dumb face?

Back by Popular Demand!

Our November 2010 article "Sh*t My Guy Says" was such a hit that we now feature it regularly on cosmopolitan.com. And in January, we'll start running it as a monthly column. Check out a few recent gems from readers:

"I asked my boyfriend how my hair looked. His response: 'Better than usual.'" —hc_afifan

"When my friend got pregnant, her guy told her to get condoms because he didn't want twins." —JaNell

"After hearing a voice mail he had left me, my boyfriend said, 'I sound horrible! I sound so much sexier in my head!'" —Kelly

"A guy once told me I had 'porno-quality boobage.'" —rrrosie1

WARNING: Some readers have been receiving e-mails from people pretending to be from *Cosmopolitan*. They claim to be looking for new models and request personal info. These are not legitimate Cosmo representatives! We do not find models this way, and we will never contact you asking for personal information. Please delete e-mails like that—they're a scam.

(Covers) **MARC HOM.** (Male model) **ALEXA MILLER.** Fashion editor: Charles Manning. Hair: Bryce Scarlett for artistsbytimothypriano.com. Makeup: Kristin Hilton at The Wall Group for Dior Cosmetics. Prop stylist: Robert Sumrell for Walter Schupfer Management.

We want your feedback! Tell us what's on your mind. COSMOINBOX@HEARST.COM

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What's Sexy Right Now

BY ANNA DAVIES

Brooklyn Decker is on fire.

1 Bloody-Hot Dresses

Give your LBD a night off and rock any event in sultry-as-hell crimson. To really melt some eyeballs, take a cue from Brooklyn Decker and slip into a red leather number with gold pumps that are equally as badass.

2 Kardashian Kolors

The biz-minded Kardashians' quest for world domination kontinues in the form of a new nail-polish collection from Nicole by OPI. We love the sisters' sense of humor, shown in shade names like Kourt Is Red-y for a Pedi.

3 Dessert-Only Dates

Yes, you could meet with yet another guy at yet another bar… or head to a chic dessert spot (now popping up across the U.S.) for a sweet change of scenery.

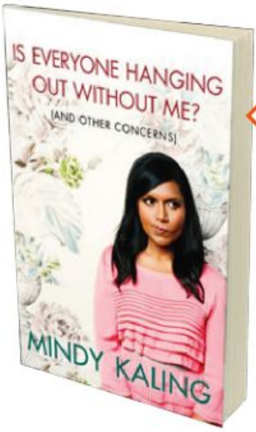
Steal Beyoncé's mojo booster.

4 Alter Egos

Beyoncé has one. Lady Gaga has one. Nicki Minaj has two.…So why should you rock only one identity? Even if you use your second self only when you order a latte, you have to admit it makes life more interesting.

5 All-Male Undie Fashion Shows

No offense, Victoria's Secret, but we'd rather watch dudes strut their, uh, stuff down the runway. Damn, those briefs are tight!



6 TMI You Can Curl Up With

The Office star Mindy Kaling's snort-inducing new memoir riffs on random topics, including pancakes, peacoats, and one-night stands.

(Decker) Joe Scarnic/WireImage. (Nail polishes) courtesy of OPI. (Male model) Andrew H. Walker/Getty Images. (Dessert) Image Source/Alamy. (Beyoncé) Jennifer Mitchell/splashnews.com. See page 228 for shopping information.

She bared her sexiest self for Cosmo.

MEET THE REAL NICKI MINAJ

You know all about her naughty lyrics, cartoonish costumes, and cotton-candy wigs. Now, the 26-year-old superstar strips away the Technicolor and unveils her true self.

By Shirley Halperin

When you picture Nicki Minaj, an image of a pink beehive, glow-in-the-dark lipstick, and epic curves comes to mind. But when we chat with her after her Cosmo shoot in Los Angeles, gone are the updo and the neon makeup. (Her figure, however, is as epic as ever.)

Lounging in the photo studio, she has just sent someone to Outback Steakhouse to pick up an order of salmon and broccoli. Her hair is dark and sliced into a short, precise bob; her makeup muted yet sexy. She is wearing a velour sweat suit and pink Uggs and looks more like a Real Housewife than a rap superstar.

Yet this is part of what fans love best about her: With Nicki, you never know what you're going to get. In her music, she assumes multiple alter egos—there's Martha, an English fairy godmother, and Roman, a loudmouthed tough guy. Then there's the rap star Nicki herself. Born Onika Maraj, she has said that she started creating these personalities as a child, desperate for a way to escape her parents' constant fighting (more on that later).

To nix any confusion from the get-go, we ask whom we're sitting with today. "Nicki is who I am onstage and who I was at that photo shoot. Onika is here with you in sweats," she replies. The difference? When she's performing, she's all about drama and fun—bright colors, wacky facial expressions, and tons of attitude. But now, she's decided to show us who she is the rest of the time. There's still plenty of sass and style, but the real Nicki Minaj goes much deeper than playful rhymes and sexy lap dances.

Living in a Fantasy Land

Nicki was born in Trinidad, then when she was 4, she moved with her mom and dad to a rough neighborhood in Queens, New York. "On the corner of the block was where the drug dealers would hang out," she says.

At home, things weren't better. Minaj's father was waging his own battle with substance abuse. "My mother left him many different times and came back," says Minaj. "He would beg, cry, stalk us.…One time, he pulled my mother out of a car and dragged her for two blocks. After that, I had a phobia about unlocked doors. Anywhere my mother and I were, I made sure the door was locked, because that was my only way to protect her." Despite all this, her mom stayed with him—they're still married, and Nicki says he's gotten better.

To deal with the chaos, Nicki started dreaming of an over-the-top life. "I would pray to God to make me famous so I could buy my mother a huge house. I'd tell her, 'Let's go to a ballroom, like Cinderella,'" she says. "She would laugh at me, but I knew I wasn't put here to be a regular person."

Soon, she figured out exactly how she'd become a superstar. She says that from an early age, she would sing with her mother and loved it. Nicki also notes that her flair for the dramatic started as a kid too. "My mother loves accents but could never do them. I could do them better, so she'd tell me

Fashion director: Michelle McCool. Hair: Terrence Davidson of I Am Talented, Atlanta. Makeup: Day for Buddhaflyy. Manicure: Kimmie Kyees for Orly International/Celestine Agency. Bustier: Daang Goodman for Tripp NYC. Bracelet (on left wrist): Louis Vuitton; bracelet (on right wrist): CC Skye. Ring: Vita Fede. See page 228 for shopping information.

Photographs by Matt Jones

to do one," she says with her ear-to-ear Cheshire-cat smile. Now, those accents are put to use in her many personas.

To hone her talents, she applied and was accepted to LaGuardia Arts—a high school for kids who show exceptional potential. Nicki majored in drama (only because she came down with a sore throat on the day of the school's singing auditions). At the same time, she began writing raps and found she loved it. One of the first things she penned hinted at the sticky-sweet innuendo that would become her trademark: "Cookie is the name, chocolate chip is the flavor/Suck up my style like a cherry Lifesaver."

From Fairy Tale to Reality

After graduating, Nicki wanted to live on her own. To pay rent, she had lots of jobs, including as a waitress at Red Lobster. Even then, there were signs of her fierceness—she was fired for chasing off a patron with a bad attitude.

While bouncing from job to job, she tried to land a record deal. After being rejected repeatedly, she started to lose hope. "I kept having doors slammed on my face," she says. "I felt like nothing was working. I had moved out on my own, and here I was thinking I'd have to go home. It was just one dead end after another. At one point, I was, like, 'What would happen if I just didn't wake up?' That's how I felt. Like maybe I should just take my life?"

But being the dreamer she is, Nicki persevered—taking any opportunity she could to show off her skills. In 2007, she was featured on an underground rap DVD. That footage somehow made its way to superstar rapper Lil Wayne, who signed Nicki to his label Young Money. She did a few collaborations—most notably, a song called "BedRock" with Lil Wayne and Drake—before releasing her very first album, *Pink Friday*, in November 2010.

A large part of the album's mainstream success has to do with the fact that Nicki created a fantastical, larger-than-life image to go along with it. Before its release, her entire vibe had been fun but more low-key. You might see her with a pink streak in her hair or wearing rainbow-hued eye shadow. But with the release of *Pink Friday*, Nicki unleashed her playful, candy-coated vision with full force. Whether she's appearing as a fairy in the "Moment 4 Life" video or a space ninja at the end of the postapocalyptic "Fly," it's clear that the time she spent as a kid daydreaming about a storybook life was well-spent.

But the rapper is quick to admit all that is for show only. Unlike Lady Gaga (who insists she dresses the same way at home as she does onstage), Nicki says she prefers a more comfy look when she's not working. "I think Gaga is freakin' dope for that. But I can't be bothered. Give me my sweats," she says, pulling at the pants she has on. "I actually like transforming from completely raggedy to *Ahhh, I'm ready*. That transformation gives me a high."

Nicki's ability to switch it up is what makes her so watchable. She may perform the same songs on countless shows, but she makes them feel different every single time. She was featured on *Saturday Night Live* wearing that infamous pink beehive and a huge fluffy dress that would have made Glinda the Good Witch jealous. Then at the *Billboard* Music Awards, she upended whatever expectations viewers may have had by dancing onstage with a man in a chicken suit. *Pink Friday* has been out for a year (her next

THE COSMO QUIZ

Name: Nicki-Minaj

Nickname: Roman

If I wanted to impress a guy, I'd:
- a. Cook him dinner. (circled)
- b. Go shopping for him.
- c. Put on hot lingerie.
- d. Give him a lap dance like the one in my "Super Bass" video.

I sometimes get mistaken for Angelina Jolie lll.

To unwind after a crazy day, I watch Judge Judy.

When I want to feel sexy, I put on a dope heel.

And these are tame for Nicki.

The song I'd love to cover is "Girls Just Wanna have fun" Cyndi Lauper.

Is Cyndi one of her style idols too?

You'd be surprised to learn that I've never Killed anyone.

Today's pop music doesn't have enough:
- a. Sexiness.
- b. Originality.
- c. Excitement.
- d. Other: Cotton candy + Unicorns lll.

I know a guy is right for me when:
- a. We can share a comfortable silence. (circled)
- b. My friends love him.
- c. He doesn't mind my crazy schedule.
- d. We like the same music.

If I weren't a singer, I'd be a Lawyer.

(From left) Jason LaVeris/FilmMagic; Richard Young/Rex USA.

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will hit in early 2012) and has sold more than one million copies. Nicki is also the first female rapper to have seven songs on *Billboard*'s Hot 100 list. Friend and collaborator will.i.am says that's a testament to her talent. "This girl has got skills," he says. "I see her as a hungry competitor with intelligence, swagger, strength, and vision."

Finding Her Prince Charming

Her wild image and crazy-high album sales brought Nicki instant fame, and along with all that positive attention came some negative stuff too. There has been gossip about a nasty feud with fellow rapper Lil' Kim and whispers that her butt is fake (real or not, her "heart-shaped work of art," as will.i.am describes it, looked good to us).

Weeks after we spoke to her, there were reports that she got into a fight with her reported boyfriend in a hotel room in Dallas and that he had hit her. When we contacted her again to discuss the details of the incident, Nicki declined to comment. But even before the supposed incident, Nicki had been tight-lipped about her relationship status. She did, however, reveal that she's made it a point to keep romance and her career separate.

Men in positions of power have always triggered a defense mechanism in Nicki. This can be traced back to her childhood, when she watched her father power over her mother. So when she entered the music industry, she made a promise to herself that she wouldn't let any guy take advantage of her. "When you come into the business as a woman, you have to play a lot of mind games because the men can be very aggressive," she explains. "It's like chess—you have to protect your goods. Had I just started screwing the guys, it would've been over because they never would have taken me seriously."

As for guys outside the industry, she says she doesn't have a type. "But I do like a dope nose profile, one that's straight on the side," she says. "And I like full lips. I've never kissed someone who didn't have full lips."

What she doesn't like is a guy who tries to woo her with bling. "I may be smiling in their face, but my antenna is up.…When they're trying to show off their cash or their watch, it's an immediate turn-off. I'm around millionaires and athletes every day who think, 'All I need to do is get in a room with Nicki Minaj' and they're gonna leave with my number. Instead, they're left with wood," she says, with a shake of her head. "You can't run game on a rapper. I'm always 10 steps ahead of you."

When it comes to her future, Nicki sees lots of success. We ask where she thinks she'll be in 5 to 10 years, and she doesn't hesitate: "I'll have hundreds of millions of dollars. I will have put out five albums and will have an Oscar and Grammys. And I will be getting married and, a couple of years after that, will have a bun in the oven."

With that, Nicki stands up to leave. The time she spent showing us Onika is over, and it's time to be Nicki again. "My whole life is about being Nicki Minaj now," she says, looking over her shoulder. "It's a never-ending saga." ■

"YOU CAN'T RUN GAME ON A RAPPER. I'M ALWAYS 10 STEPS AHEAD OF YOU."

Dress: Jay Ahr; shoes: YSL; earrings: Roxanne Assoulin for Lee Angel; bracelet (on left wrist): Louis Vuitton; bracelet (on right wrist): Philippe Audibert; ring: Alexis Bittar.

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Sam & Lavi, $198, **revolveclothing.com**

Kate Bosworth

Knit Tricks

- Scrunch the sleeves to add shape.
- It's cute with ankle boots and a mini… or try skinny pants.

KEVIN SWEENEY/STUDIO D. Fashion editor: Karen Larrain. Stylist: Laura Dotolo at Judy Casey Inc. (Bosworth) Fame Pictures. See page 228 for shopping information.

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All this and an Aussie accent too

Stuff Guys Think but Never Say

Xavier Samuel, 27, won us over as newborn vamp Riley in *Eclipse*. This month, he's sexing up the period drama *Anonymous*…and revealing what's on men's minds.

Hookups Are Sort of… Unsatisfying

"It gets boring to just have flings. That's not what all guys are about. It's nice to spend some quality time with someone."

It Took 20 Minutes to Write That Text

"I have had a few conversations where my friends say, '*Hmm*… what does this really mean? And how should I write back to her?'"

Shoe Shopping Is Serious

"I don't have a hundred different pairs of shoes, but a lot of time and thought goes into what kind of shoe I'm going to buy."

The Little Stuff Matters

"You think there's no way a guy treasures little moments, but sometimes we do. I keep ticket stubs."

Hotness Comes Third

"It's more about a woman's personality. Men love a sense of humor and being down-to-earth."

This Place Needs Dusting

"I live in a house with three guys, and when we don't want a pigsty, we'll have a frenzy of cleaning. I actually think men are better cleaners because we're so meticulous."

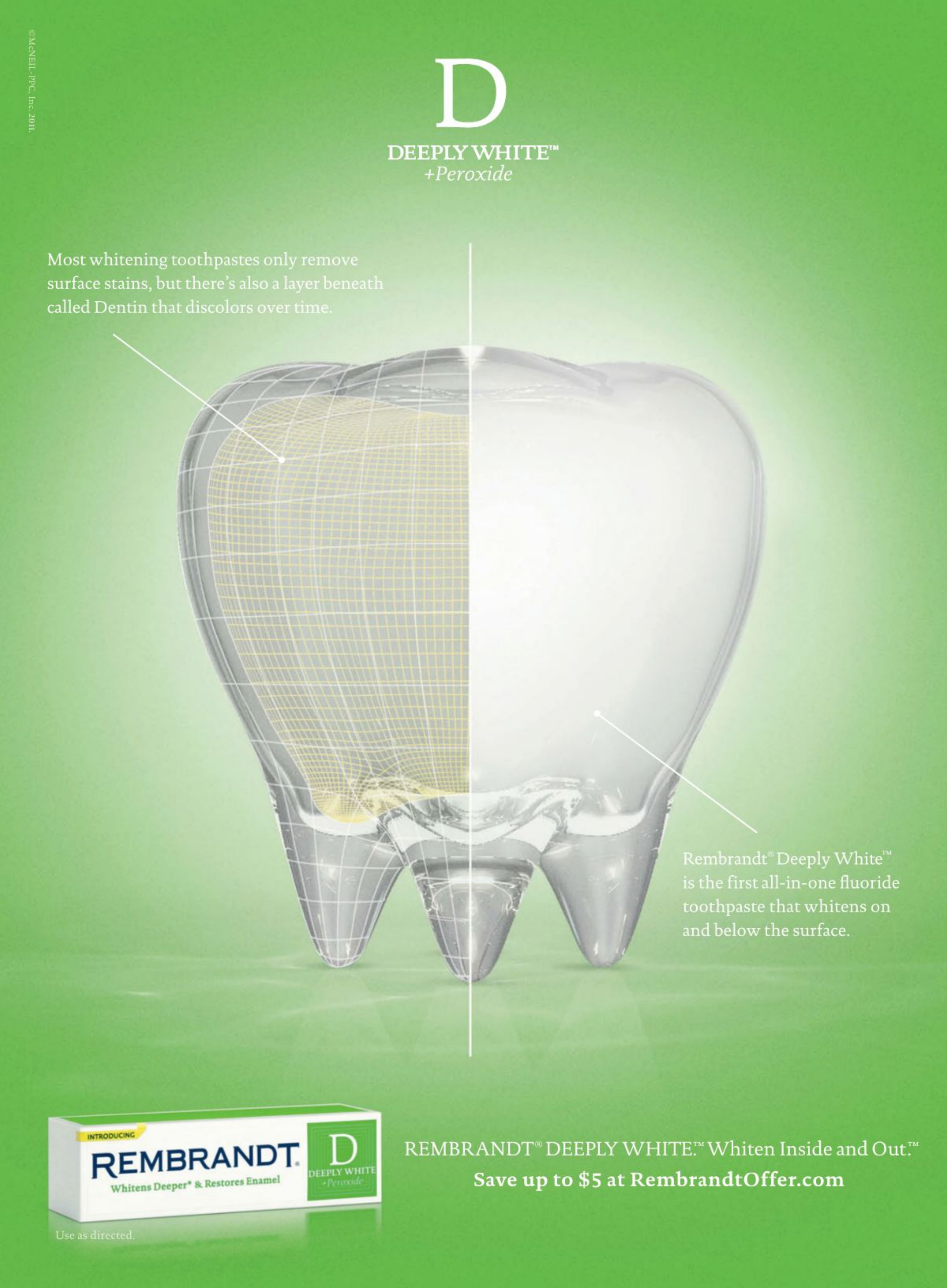
Your Phone Is Cooler

"I've got a really crappy old phone that looks like it's going to explode any minute. I'm just not a gadget kind of guy."

Guys' Night Is Boring… and We Like It That Way

"It's not like we invite all these hot chicks with us. It's usually just guys sitting, watching sports, and having a drink."

Doug Inglish/trunkarchive.com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Fergie

Paula Patton

(Top to bottom, from left) Jordan Strauss/WireImage; Matt Baron/BEImages; Janet Gough/Photoshot; Beck Starr/FilmMagic. See page 228 for shopping information.

Malin Akerman

Cleavage-Length Locks

This sultry new haircut offers tons of bounce and body...and unlike superlong strands, it plays up, rather than hides, your assets. Time to call your stylist!

Leighton Meester

GET THE STAR LOOK

1. Create a center part to mimic the line of your cleavage.
2. Spritz on a heat-protecting spray, like Sebastian Trilliant Thermal Protection, $20, then blow-dry strands smooth.
3. Curl hair, misting each section first with hair spray (try Herbal Essences Set Me Up Hairspray, $3) then winding it around a curling iron from ear level down.
4. Tame flyaways with a dab of smoothing cream, like Fekkai Advanced Brilliant Glossing Cream, $24.

SOURCE: EDWARD TRICOMI, CO-OWNER OF WARREN-TRICOMI SALONS

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sexy vs. skanky

Katy Perry

A little cheek on a windy day

Deena from *Jersey Shore*

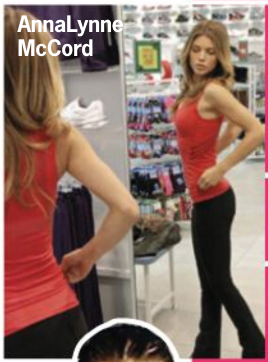
Two bare cheeks on a windy day

Miranda Kerr

New moms with their little babies

Nadya Suleman

Octomom with a big baby



AnnaLynne McCord

Guys that can't get enough of you

Guys that can't get enough of you…so they try to control your every move

Janice Dickinson

Black eyeliner

Black eyes

Checking yourself out in a mirror

Checking your teeth in your silverware

Wearing a cute new minidress to a wedding

Trying to upstage the bride at her wedding

Guys in wet suits

Guys in wet shirts

David Beckham

Steve Guttenberg

(Left to right, from top) Felipe Ramales/pacificcoastnews.com; Thelonius/splashnews.com; Grey Wasp/Blue Wasp/splashnews.com; tmz.com/splashnews.com; Zoe Logan/splashnews.com; KMM-Rod/x17online.com; Rod-KMM-Merino/x17online.com; Disciullo/bauergriffinonline.com.

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confessions

Cosmo readers share their most shocking stories and steamiest secrets.

Wearing that to a law-firm interview didn't help either.

Name-Dropper

"I had a marathon day of two job interviews with different law firms around my town. The first one was great, so I grabbed lunch and felt confident going into the second. It started off well, until the interviewer asked me why I wanted to work there. She looked at me funny while I was answering, but I kept going. Her reply: 'Thanks for your time, but if you want to work at this other firm so badly, focus your energy on that.' I had slipped and said the name of the firm I'd interviewed with earlier that day. I just thanked her for her time and left." *—Lisa, 30*

Hide the Evidence

"My guy invited me to his parents' vacation home for the weekend to meet them for the first time. That night, things got pretty steamy between us, but we kept quiet since our bedroom was right next to his parents' room. The next morning at breakfast, his dad walked in and said, 'Just a heads-up, the plumbing here isn't great, so make sure that the only things flushed are organic.' I was confused until I walked into the bathroom later and saw the condom wrapper on the floor next to the trash can." *—Lauren, 23*

CAN IT!

Foul Play

"I share an apartment with five roommates, one of whom would come home every day and eat salad with vinegar for dinner. When she was done, she would leave her used bowl in the kitchen for hours, making the whole kitchen smell horrible. She did this with her dishes all the time, and I had to come home and smell it. I left notes and asked her in person to clean up, but she continued to leave a mess. Finally, I was so tired of it, I decided to put her dirty dishes on top of her bed, and I wasn't exactly careful to make sure none of it spilled." *—Lynn, 34*

Slippery When Wet

"After a long bike ride, my boyfriend and I got in the shower together to cool off. Well, before long, we started going at it. He had his back up to the shower wall, and I was facing away, pressed against him. I was a little too excited and reached up to use the curtain rod as leverage. But the whole thing came crashing down, and I went with it! I fell out of the tub, banged my knee, knocked a picture off the wall, and soaked the entire bathroom. My boyfriend was cracking up." *—Gale, 24*

Kinky Link

"I met this guy on a dating site, and we started chatting a lot online. One day, I saw a video that I thought he'd love, so I pulled it up, copied the link, sent it to him, and wrote, 'You have to see this!' After a few minutes of no reply, I typed, 'Isn't it great?' He responded, 'If you're into that kind of thing….' Confused, I scrolled back up and saw that instead of the video link, I'd sent a porn link! I confess, I had been looking at porn the night before and copied the link to save. It must have stayed on my clipboard, and when I went to copy the new video link, it didn't take. He was freaked out." *—Ana, 23*

Let 'Er Rip

"I was home visiting my family and realized I hadn't packed any jeans. My sister and I are the same size, so I stopped by her room to take a pair. She yelled at me that I couldn't borrow them, so to mess with her, I threw them on anyway and ran downstairs without even buttoning them. I thought she was the only one down there, but I found my husband and the rest of my family watching TV, so I quickly pulled up the jeans the rest of the way. Apparently, my sister and I aren't exactly the same size anymore, because I heard a rip and saw a tear up one pant leg all the way from the knee to the waist. I had to buy her a brand-new pair." *—Catey, 29*

Damage Control

"She should just pull him down onto the ground with her and keep on going. It is spontaneous and, most important, doesn't put a stop to the action. If you ask me, that would be even hotter than going at it in the shower in the first place." *—David, 22*

COSMOPOLITAN.COM/CONFESS | Have a juicy confession? Log on to tell us the dirty details. | COSMOPOLITAN.COM/CONFESS

CHRIS CLINTON. Names of readers who share stories and of those mentioned in the stories have been changed to protect their privacy. Stories may have been edited for length, content, and clarity.

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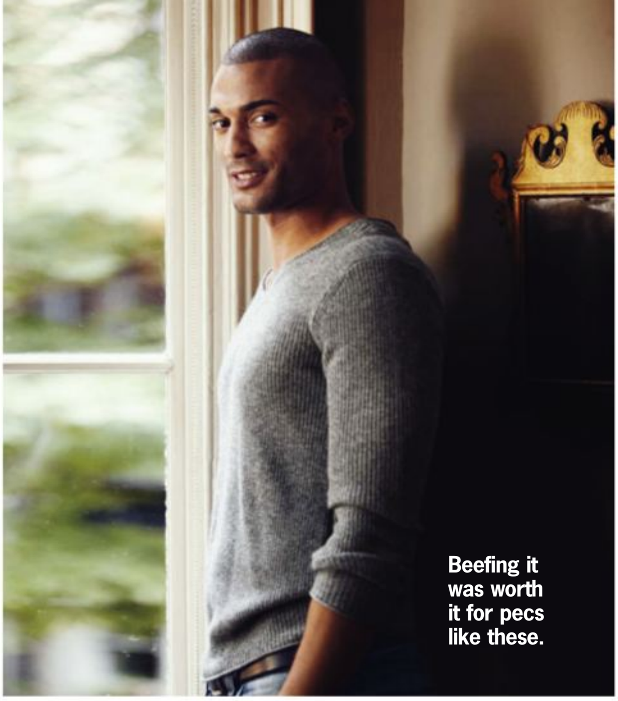
GUY
confessions

Men admit to their dirtiest deeds and most shameless scams ever.



Beefing it was worth it for pecs like these.

Jerk Alert

"There was a hot new girl at work, so I took her out to lunch as a welcome thing. As we ate, I gave her pointers on the office politics, including a heads-up about how she should act around the CEO of the company, who's a notorious jerk to new people. She was quiet, so I took that as a sign to keep going about his quirks, like how he doesn't want you to make eye contact or ride the elevator with him. When I finished, she said, 'Actually, the CEO is my uncle, and he's never acted like that around anyone I know.' She picked up her tray and left." *—Cal, 23*

Alpha Kappa Awkward

"My girlfriend shared a room in her sorority house with this really conservative girl. One night, I was over there pretty late, so my girl told me just to stay for the night. As we were lying down to fall asleep, we started making out. A few minutes later, after

DOWN ON LUCK

checking to make sure her roommate was still asleep, I started to go down on her. She was enjoying it, but then she suddenly stopped me. Her roommate had gotten up to go to the bathroom, and she definitely saw us. The only thing we could do was throw the covers over ourselves and fake sleeping." *—Sean, 23*

Scream 5

"I live in an apartment building, and every night in bed, I'd hear my neighbors having sex. These people would scream like they were auditioning for a porno! One night, I couldn't stand it anymore, so I started blasting the least sexy music I own. Soon, I heard a knock on my door. It was the woman next door, asking me to turn my music down. I replied, 'Sure, as long as you guys turn down the horror movies you've been watching. The screaming is getting out of hand.' She turned red and said 'Okay' and then rushed back to her place." *—Vick, 31*

Ball to the Wall

"After working with a trainer at the gym, I decided to try her routine by myself. I went into an empty exercise-class room to do crunches with one of those big exercise balls. There were a few girls in there stretching, so I just went to the other corner. I leaned my back against the ball and started my set, but I guess I crunched too high because the ball slipped out from under me, rolling over to the opposite wall. I landed on my ass. The girls burst out laughing…and I had to run across the room to catch the ball." *—John, 27*

A Real Page-Turner

"My roommate is a girl, and she always leaves magazines all over the apartment. The other day, I was bored, so I grabbed one and brought it to my room to look at for kicks. The next night, I brought back this girl who I'd been casually seeing. We were making out on my bed, and at one point, she flipped over and saw the magazine—which I'd left open to a page with celebs in bikinis—on the floor by my nightstand. She laughed and said, 'I know what you were doing before you picked me up!' I tried to explain that I'd only been casually skimming, but she just nodded and said, 'Uh-huh, sure.'" *—Shane, 25*

Status: Totally Humiliated

"I have a crush on this girl who I work with. We're friends on Facebook, so I check out her page every so often, but I never write on her wall or anything. Late one night, I was in bed half-asleep, playing with my FB app on my phone. I tried to pull up her page by typing in her name, but I accidentally wrote her name as my status instead of typing it into the search bar! She saw it and wrote underneath, 'Yes…?' I just wrote back, 'I think I was trying to friend you! But I'm glad to see we're already friends.'" *—Pat, 25*

Hot-Guy Blooper

"While walking to work, I passed a cute girl handing out candy in front of a store. I took one, popped it in my mouth…and realized it was soap, not candy! I was so embarrassed that I chewed it up and swallowed anyway." *—Tim, 23*

Have a juicy confession? Log on to tell us the dirty details. COSMOPOLITAN.COM/CONFESS

CHRIS CLINTON. Assistant fashion editor: Jennifer Steele. Hair: Bryce Scarlett for artistsbytimothypriano.com. Makeup: Kristin Hilton at The Wall Group for Dior Cosmetics. Shirt: Gap; jeans: Paige Premium Denim; belt: Calvin Klein. Names of readers who share stories and of those mentioned in the stories have been changed to protect their privacy. Stories may have been edited for length, content, and clarity.

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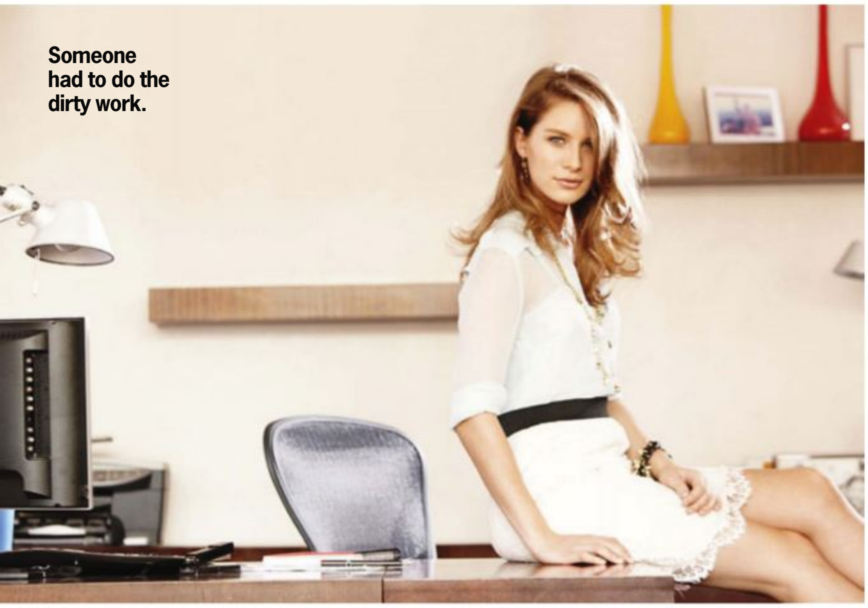

Someone had to do the dirty work.

"I Got My Horrible Boss Fired"

BY JESSICA WAKEMAN

After graduating from college, I took a grunt job at a boring, nearly bankrupt publishing company and was prepared to just suck it up and slog along. Then, in a massive stroke of luck, I found out about an opening at a trendier and far more exciting-sounding online magazine. During my interview, my future boss, Alison (not her real name), promised me it was a fun place to work. She told me that the company had lots of money to spend and hosted free-bagel Fridays, and people even played mini golf in the office. Um, sold.

My first few weeks at the magazine were a blast. Alison took me to swanky bars and exclusive clubs, where she ordered top-shelf booze on our company's dime to "welcome me" to the magazine. Hanging out with her made me feel cool, like I'd made an awesome new friend.

But after a few upbeat weeks, the glamour began to wear off. I realized that Alison barely did any work, ever, meaning we all had to do more to compensate. Alison arrived late and left early. She went on Gchat during meetings. She asked the editor one level beneath her to do most of the heavy editing. And she even had the nerve to go behind the back of her devoted assistant, Courtney, and tell the whole staff how she thought Courtney was a waste of space (even though the poor girl did most of Alison's work for her).

Well, one morning, I got into work and noticed Courtney sitting at her desk with tears streaming down her face. I asked her what was wrong, and she told me that she'd tried to talk to Alison about her massive workload, but instead of listening to her, Alison had lashed out and yelled at her. And here's the clincher: After Courtney and I talked, I sat down at my computer to check my personal e-mail and noticed one from Alison. She'd e-mailed me right after her "talk" with Courtney, bitching about how awful Courtney was and how she thought Courtney was "out to get her." And based on the office gossip, I clearly wasn't the only staffer she was sending these inappropriate comments to.

That's when I decided to take action. I'd had it with her unprofessional behavior. So instead of replying to Alison, I forwarded her e-mail to human resources. I told them it made me uncomfortable that my boss was sending me derogatory comments about her assistant…and the fact that she had sent the e-mail to my personal account made the whole thing even more *ugh*. I also told them that I thought Alison wasn't productive and I didn't think she cared enough about our magazine to lead us to bigger success.

Amazingly, Alison was fired the very next day. I came into work and saw her silently packing up her cubicle—she looked pissed—and a few hours later, she was gone. After she left, my coworkers and I were standing around chatting about the big event, and it turns out that they'd all complained about her at some point too—so my e-mail to HR must've been the final straw.

I didn't hear a peep from Alison after she got the boot. I did run into her at a party a few months later, though, where we exchanged faux *I-miss-yous* and she bragged about some new job she had. But I know the truth: Unless she's finally learned her lesson, she probably just has her new underlings doing all her work for her. ■

CHIEF McCREEP

Thirty percent of workers have endured a horrible boss they consider a bully.

SOURCE: *JOURNAL OF MANAGEMENT STUDIES*

CHRIS CLINTON. This is a professional model.

Tell us your naughty story. COSMOPOLITAN.COM/NAUGHTY

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Cheer him up and he may drop the towel.

The Words He's Dying to Hear in the A.M.

Compliment your guy in the morning and it sticks in his head all day long, giving it more impact. Drop one of these sweet lines for maximum effect.

1 "Your abs look so lickable right now."
Since guys are super visual (and way more vain than they'd ever admit), they secretly love praise about their bod. Focusing on a spot that turns you on leaves him flattered and frisky.

2 "Thanks for helping me figure out that work thing."
You're tapping in to his primal need to take care of you—making it clear that he helped solve your problem will pump his pride.

3 "I can't wait to see you at happy hour tonight."
This is a steroid shot to his self-esteem—he knows you'll be thinking about him the whole time you're apart.

SOURCE: RELATIONSHIP EXPERT DIANA KIRSCHNER, PHD, AUTHOR OF *SEALING THE DEAL*

101 THINGS ABOUT MEN

Which of His Google+ Circles Do You Belong In?

Google+ lets you sort the people you know into groups and label them however you want. How would the guy you're crushing on categorize you? You're about to find out.

What do you two do when you hang out?

a. Watch the game with a group of friends
b. Whatever I happen to suggest—even if it's something lame, like a chick-lit book signing
c. Grab a drink and vent about everything
d. Usually something physical, like bicycling or going for a run

Which of the following kudos would he be most likely to give you?

a. "You've got some ill karaoke skills."
b. "You're the total package."
c. "You always know what to say to me."
d. "You should wear heels that high more often."

How touchy-feely is he?

a. We hug sometimes, like whenever we're saying hello or good-bye.
b. Our hips touched once when he opened the door for me.
c. He puts his hand over mine when he's telling me something.
d. We're both pretty grabby with each other.

Which of these texts would he send you?

a. "Hanging at my place. Bring beer!"
b. "I'm at Starbucks—can I get you anything?"
c. "Ex just walked into the bar I'm at. Should I say hi or ignore her?"
d. "Just Netflixed *The Hangover Part II*. You are so wrong about the sequel sucking."

MOSTLY As

Party Crew

You're pretty much in friend territory. To change that, wear a knockout dress when you hang out and trade the unisex "What's up?" for flirty chatting.

MOSTLY Bs

Major Crushes

This guy is crazy for you…and crazy intimidated. Men are terrified of rejection, so you have to make it clear that if he makes a move, it'll be well-received.

MOSTLY Cs

Surrogate Sisters

He clearly values your input. But if you'd like to be more than his therapist, steer convos toward the two of you. Tell him, "I have so much fun with you."

MOSTLY Ds

Potential Hookups

Based on the sassy banter and groping, he's up for no-strings nooky. Want more? Stop the grab-assing, and get him talking about deeper stuff.

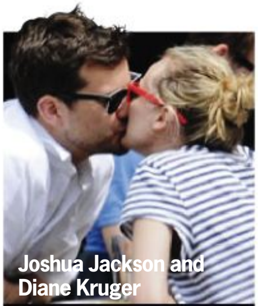
A $$$ Habit That Makes Dates Go Smoother

Next time you're out with a dude, be sure to at least offer to foot or split the bill. A study shows he'll appreciate the gesture: When a man thinks he's in an unfair money situation, the anger-management area of his brain fires. And c'mon, if you just assume he'll pay, that isn't exactly fair.

The wallet reach works every time.

PDA: WHAT'S SEXY… AND WHAT'S TOO MUCH

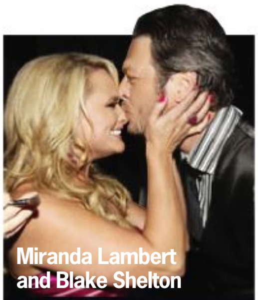
We got 100 men on the street to tell us if they'd be up for this much public lip action and groping with their GF.



Joshua Jackson and Diane Kruger

Peck on the Lips

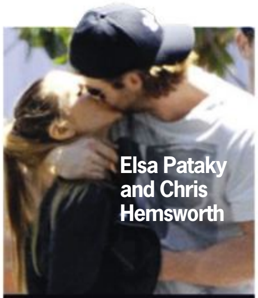
✓ 87%



Miranda Lambert and Blake Shelton

Cutesy Smooch

✓ 79%



Elsa Pataky and Chris Hemsworth

Kiss + Boob Grab

✗ 45%

(Male model) CHRIS CLINTON. (Wallet) Photographer's Choice RF/Getty Images. (Jackson and Kruger) splashnews.com. (Lambert and Shelton) Christopher Polk/ACMA 2011/Getty Images for ACM. (Pataky and Hemsworth) Sharpshooter Images/splashnews.com.

Man Jewelry We Can Get Behind

A company called Buump has created relationship-status bracelets, so you don't even need to be Facebook friends with a guy to know where he stands. Handy, sure, but if we had our way, dudes would wear wrist straps that reveal even more crucial info about him, such as…

[**48** *percent of men want to watch their partner go at it solo.*]

SOURCE: LIFESTYLES CONDOMS SURVEY

#THESEXISGOODWHEN

Recently, this hash tag was trending on Twitter, so we asked dudes who follow us on the site (and on Facebook) to complete the sentence.

You haven't seen her in a while. —@DjKayden

It's your b-day! —Gabriel, via FB

It's spontaneous. —@mbryan wiggins

You love her. —@protozeloz

She talks dirty. —Joey, via FB

You've just finished arguing. —John, via FB

There's no commitment. —Al, via FB

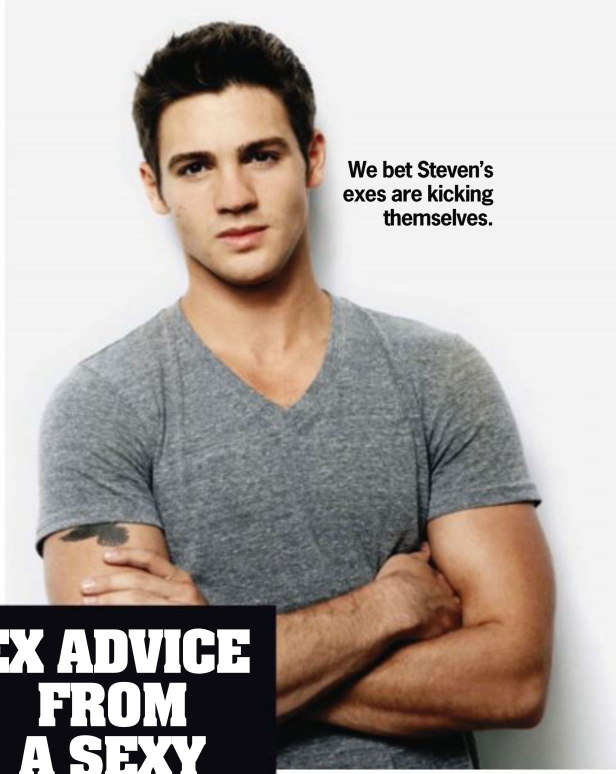
The walls come down. —@JFromAZ

The sheets are sweaty. —Rick, via FB

It shouldn't happen. —@ghogan1010

She comes first. —@stei12

You try something new. —Matthew, via FB



We bet Steven's exes are kicking themselves.

EX ADVICE FROM A SEXY ACTOR

We figured Steven R. McQueen (grandson of the '60s heartthrob) would know a lot about this topic, given his ex-haunted character on The CW's *Vampire Diaries*.

Q. On *Diaries*, you confront the ghosts of not one but two former girlfriends. In real life, do guys have a hard time moving on from past relationships?
A. Yeah, especially when it comes to a first love. At that point, you've never been hurt before, so you're more open and vulnerable.

Q. How do men handle breakups?
A. I'm a hopeless romantic, so when things end, I'm usually heartbroken for a while. But I think the best thing for a guy is just to go out with his buddies and have a fun night.

Q. Is it smart to be friends with an ex?
A. I think it's better to rip off the Band-Aid and move on. If I've been in a long-term relationship with someone, I'd prefer not to see her after we've broken up.

Q. Exes getting back together—can it ever work?
A. I've done it, but a lot of the time, the same problems that were there before rise up again. In my experience, it hasn't worked.

Q. What if a woman is dating a guy who's still friendly with an ex? Is that a red flag?
A. My feeling has always been that if someone's with you, then they're with you, and you shouldn't let anything else mess with your head.

(Couple) CHRIS CLINTON. (McQueen) Jason Goodrich. (Bracelets) fotosearch.com.

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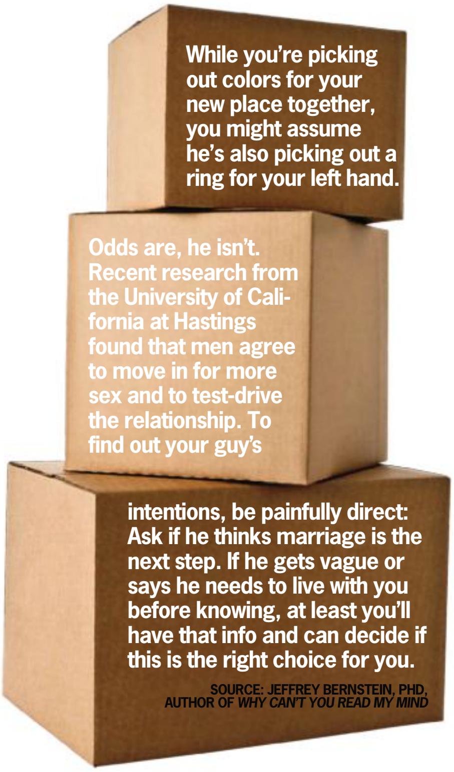
Who Gets to Date a 10... According to Dudes

On both the big and little screens, it's par for the course to see über-hot chicks pair up with barely cute men. We were curious if guys think this dynamic holds true in real life, so we polled them to find out how attractive they think a dude has to be (on scale of 1 to 10) to date a chick who tops the chart. Then we asked them the same thing about women. Check out the *shocking* (sarcasm) results.

Guys think they only have to be a 5 in order to hook a woman who is a 10…

…But say a woman has to be at least a 7 in order to snag a male 10.

THE ONE QUESTION TO ASK YOUR BF BEFORE YOU SHACK UP



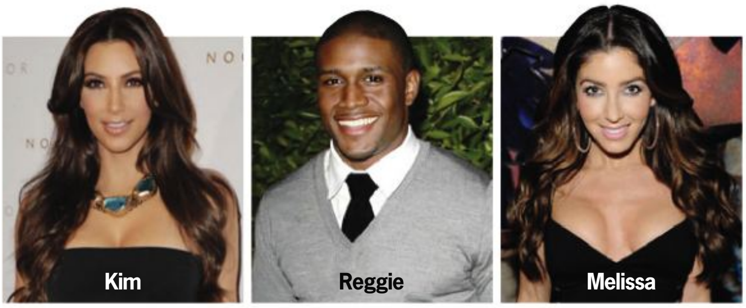
While you're picking out colors for your new place together, you might assume he's also picking out a ring for your left hand.

Odds are, he isn't. Recent research from the University of California at Hastings found that men agree to move in for more sex and to test-drive the relationship. To find out your guy's intentions, be painfully direct: Ask if he thinks marriage is the next step. If he gets vague or says he needs to live with you before knowing, at least you'll have that info and can decide if this is the right choice for you.

SOURCE: JEFFREY BERNSTEIN, PHD, AUTHOR OF *WHY CAN'T YOU READ MY MIND*

A Book for Him, Countless Orgasms for You!

When it comes to maxing out your pleasure, Cosmo has your back. Our latest contribution to that cause: *Satisfy a Woman Every. Single. Time.*, a guide we created for men (available November 1). It tells him how to touch, tantalize, and please you, including tons of naughty tips—like a tongue technique we call The Crazy 8 (look for it in the book on page 59).



Why Would a Guy Do That?

Reggie Bush's reported new GF, Melissa Molinaro, doesn't just vaguely resemble his ex, Kim Kardashian—Kim has actually sued Old Navy for using Molinaro as her likeness in their commercials. They're both babes, but why would a guy want to date his former flame's doppelgänger? "He feels rejected," says Seth Meyers, PhD, author of *Dr. Seth's Love Prescription*. "He'll unconsciously seek out and 'win' a woman who looks similar for an ego boost." Aw, Reggie, we feel for you (especially with Kim now being married), but really? It's time to move on.

—ANNIE DALY, ANNA DAVIES, JESSICA KNOLL, CAROLYN KYLSTRA, AND KATY LINDENMUTH

(Rogen) Jeffrey Mayer/WireImage. (Fox) Steve Granitz/WireImage. (Simpson) David X Pruting/BFAnyc/Sipa Press. (Reynolds) Matt Baron/BEImages.
(Boxes) Fuse/Getty Images. (Kardashian) Alberto E. Rodriguez/Getty Images. (Bush) David Livingston/Getty Images. (Molinaro) Steven Lawton/FilmMagic.

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Inspired by athletic wear to keep you comfortably dry up to hours.
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Thermo Control
keeps you DRY up to 8 hours
Only STAYFREE® has ThermoControl® technology to wick away moisture, so you're comfortable and dry up to 8 hours.
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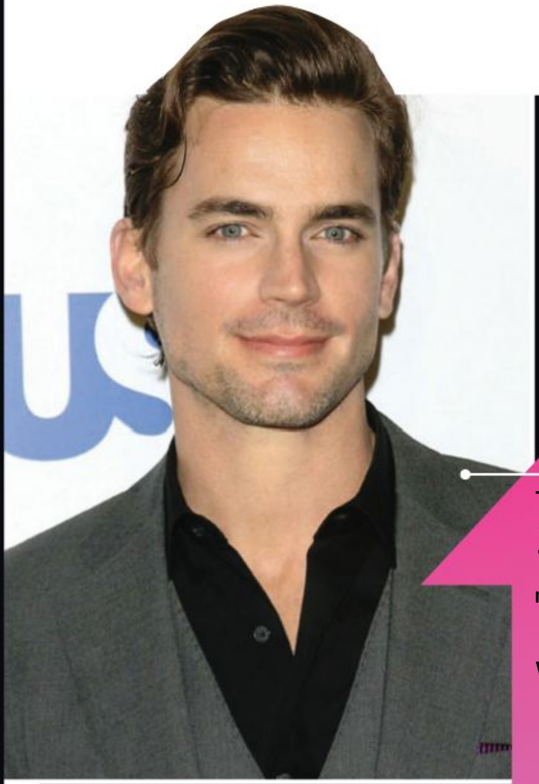
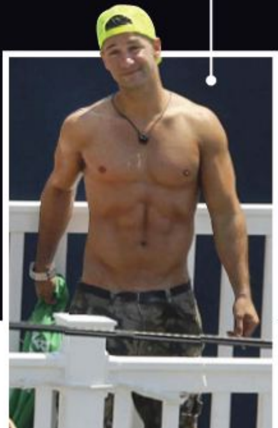
Stud Meter





KICK-ASS

Matt Bomer
The sexy *White Collar* star announced that he'll play a stripper in an upcoming movie. We're going to need a stack of $1 bills....

Ryan Gosling
We know—he's always on Stud Meter. But after he brought his dog to *Late Night With Jimmy Fallon*, cradled a baby on the set of his new film, and stopped a NYC street fight, we couldn't resist. Again.

Kellan Lutz
Our favorite vampire is flexing his design—and modeling—skills for the clothing line Abbot+Main by Dylan George. Drool.

Jay-Z
He reportedly tipped servers $50,000 at a club recently. Note to club owner: Cosmo editors are applying for server jobs.

Andrew Garfield
We're torn: He looks hot, but we were hoping for a Harley, not a Vespa.

The Beastie Boys
They're selling action figures of themselves to fight childhood cancer. Cool! But why are they $750?

Jim Carrey
We have one word for his weird/sad video tribute to Emma Stone: ugh.

The Situation
He's endorsing a tanning-bed company that brags about its 24/7 service. So you can get skin cancer anytime you want.

LAME-ASS

(Bomer) Jim Spellman/WireImage. (Lutz) Yu Tsai. (The Situation) Prahl/Ans/splashnews.com. (Gosling, from left) Theo Wargo/WireImage; Thelonius/splashnews.com. (Jay-Z) Kevin Mazur/WireImage. (Garfield) P Stevens/startraksphoto.com. (Phone) fotolia.com.

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Your skin will love the fresh feel of new and improved St. Ives Lotions* with 100% natural, non-greasy moisturizers. Revel in long-lasting moisture that heals, seals and soothes even the driest skin, from head to toe. **St. Ives, with no unnecessary chemicals.**

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*Skin Renewing, Daily Hydrating, and Intensive Healing have been upgraded with new and improved formulas and fragrances.

Get Cozy

We love pieces that keep you warm and are fun to layer. Toss the vest over the dress, the cardi over the henley…and the scarf goes with it all.

Faux Fur Vest
Almost Famous, $39.99,
tillys.com

Curve-Hugging Henley
American Apparel, $28,
americanapparelstore.com

Shearling-Trimmed Bag
Apt. 9, $69,
kohls.com

Navajo Scarf
Pendleton, $98,
pendleton-usa.com

Fitted Maxi Dress
Victoria's Secret Catalogue,
$79.50, **victoriassecret.com**

Oversize Cardigan
Old Navy, $54.94,
oldnavy.com

Velvet Skinnies
Volcom, $55,
volcom.com

Suede Booties
Colin Stuart for Victoria's Secret Catalogue, $118,
victoriassecret.com

TIP
To ace the look, put away your bling. Casual accessories, like leather bracelets, reinforce your outfit's chill vibe.

JESUS AYALA/STUDIO D. Fashion editor: Karen Larrain. Stylist: Miako Katoh. (Cardigan) KEVIN SWEENEY/STUDIO D.

See page 228 for shopping information.

Flattering vs. Fattening

Certain cold-weather trends can bulk you up. These hits and misses are a lesson in how to rock them the right way.

SHINE

FLATTERING

Camilla Belle
Because sparkles reflect light, they pack on virtual pounds. Stick to small doses, like this subtle piece.

FATTENING

Julie Bowen
A saggy fit adds to the weight illusion. And rolled-up jeans can make legs seem stumpy.

BUTTON-DOWN

FLATTERING

Shakira
Flaunt your bod with a nipped-in waist, rolled sleeves, and an open neckline.

FATTENING

Khloé Kardashian
A tight oxford can pucker, creating a sausage effect. Go up a size, and undo a few buttons to visually slim down.

CREW-NECK SWEATER

FLATTERING

Emma Roberts
A scooped cut slenderizes your upper half and elongates your neck.

FATTENING

Reese Witherspoon
Sporting a high neckline mashes the girls together, resulting in a uniboob and boxy shape.

PEPLUM

FLATTERING

Liv Tyler
A toned-down flare that hits right below the waist enhances a sexy hourglass silhouette.

FATTENING

Jessica Simpson
The huge pleats in a contrasting color make her look like she's squeezed into a too-snug apron.

(Left to right, from top) Tony DiMaio/startraksphoto.com; John Shearer/WireImage; John Parra/WireImage; Toby Canham/Getty Images; Albert Michael/startraksphoto.com; Charlie Luciano/startraksphoto.com; Andrew H. Walker/WireImage; Jordan Strauss/WireImage.

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Exquisite color. Ignited by light.
Explosive eyes are born.
INTRODUCING
EYESTUDIO®
COLOR EXPLOSION™
LUMINIZING EYESHADOW
Sweep on our sophisticated pigments. Then glide on our exclusive luminizing topcoat to unleash a surge of multi-dimensional color. Prepare for impact.
5 shades that will blow you away.
MAYBELLINE®
NEW YORK
DISCOVER THE NEW MAYBELLINE.COM
Emily is wearing New Eye Studio® Color Explosion™ Luminizing Eyeshadow in Forest Fury. ©2011 Maybelline LLC.

Craveable Coats

What's better than finally finding the *perfect* winter topper? Realizing it doesn't cost a bundle. Everything here is under $125!

BLUMARINE

Shearling
MICHAEL Michael Kors, $120, **866-709-KORS**

Plaid
Dots, $29.80, **dots.com**

Mixed Material
Kut From the Kloth, $124, **kutfromthekloth.com**

Red
Tulle, $98, **tulle4us.com**

Duffel Coat
JOLT, $59, **dillards.com**

Luxe Trench
BB Dakota, $120, **modcloth.com**

Leopard
Loft, $118, **loft.com**

JESUS AYALA/STUDIO D. Fashion editor: Karen Larrain. Stylist: Miako Katoh. (Runway) firstview.com. See page 228 for shopping information.

MAYBELLINE NEW YORK
Exquisite color. Ignited by light.
Explosive eyes are born.
INTRODUCING
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Sweep on our sophisticated pigments. Then glide on our exclusive luminizing topcoat to unleash a surge of multi-dimensional color. Prepare for impact.
5 shades that will blow you away.
MAYBELLINE®
NEW YORK
DISCOVER THE NEW MAYBELLINE.COM
Jessica is wearing New Eye Studio® Color Explosion™ Luminizing Eyeshadow in Amethyst Ablazed. ©2011 Maybelline LLC.

1 Dress, 3 Hot Looks

Money-saving secret: You can get more mileage out of your wardrobe simply by changing up your accessories. Watch this LBD transform from glitzy to relaxed to professional.

Dress, Bongo, $20, **kmart.com**

AFTER DARK

Earrings, Send the Trend, $29.95, **sendthetrend.com**

Clutch, Paco Mena, $23, **endless.com**

Belt, B-Low the Belt, $70, **b-lowthebelt.com**

Shoes, Victoria's Secret Catalogue, $78, **victoriassecret.com**

WEEKEND

Vest, Jack BB Dakota, $75, **swell.com**

Sunglasses, Fantas-Eyes, $8, **urbanoutfitters.com**

Boots, MICHAEL Michael Kors, $225, **866-709-5677**

Necklace, Vanessa Mooney, $150, **vanessamooney.com**

WORK

Bag, Melie Bianco, $61, **meliebianco.com**

Bracelet, CC Skye, $200, **ccskye.com**

Shoes, Charles David, $195, **endless.com**

Watch, Bulova, $250, **bulova.com**

BEAUTY BONUS **Fall's trendy gold polish is like jewelry for your nails. Chanel Le Vernis Nail Colour in Peridot, $25, works with all three outfits.**

KEVIN SWEENEY/STUDIO D. Fashion editor: Karen Larrain. Stylist: Miako Katoh. (Blue bracelet) courtesy of CC Skye. (Nail polish) **CHRIS ECKERT/STUDIO D.** See page 228 for shopping information.

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OLAY
REGENERIST
Helps protect against UV damage during the day.
OLAY
REGENERIST
UV defense regenerating lotion
SPF 50
Deeply hydrates at night.
REGENERIST
micro-sculpting cream
For FIRM SKIN* gravity doesn't stand a chance.
OLAY REGENERIST DAY AND NIGHT DUO
The UV Defense Regenerating Lotion works during the day to help firm* and protect skin from sun damage. The Micro-Sculpting Cream deeply hydrates to firm skin each night. With Regenerist, there's more than one way to fight gravity, there are two.
*With plumping hydration.
OLAY. CHALLENGE WHAT'S POSSIBLE.™

Points for Sex Appeal

With their badass vibe and seductive shape, sharp-toe shoes are the fiercest thing on two legs this season.

Bebe, $99, **bebe.com**

Jean Michel Cazabat, $255, **endless.com**

Kathy Van Zeeland, $119, **amazon.com**

Jessica Simpson Collection, $79, **jessicasimpsoncollection.com**

Guess, $159, **guess.com**

Colin Stuart for Victoria's Secret Catalogue, $58, **victoriassecret.com**

Nine West, $69, **macys.com**

Ivanka Trump, $130, **nordstrom.com**

Joan & David, $180, **nordstrom.com**

KORS Michael Kors, $350, **866-709-5677**

Anne Michelle, $26, **lulus.com**

MICHAEL Michael Kors, $135, **866-709-5677**

SHOPPING TIP: Sharp toes call for a skinny heel—anything too chunky will look imbalanced.

JESUS AYALA/STUDIO D. Fashion editor: Brooke Lucks. Stylist: Miako Katoh. See page 228 for shopping information.

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Olay
REGENERIST
Olay
REGENERIST
wrinkle
revolution
complex
55
27
30
5
24
6
21
10
RELAX THE LOOK OF WRINKLES
IN AN INSTANT.*
READY. SET. SMOOTH.
NEW REGENERIST WRINKLE REVOLUTION COMPLEX
Advanced micro-fillers work to instantly smooth the look of fine lines, while the BioPeptide formula and B3 complex hydrate to reduce the appearance of deep wrinkles in just 14 days. Apply over your daily moisturizer for instant wrinkle-smoothing gratification.
*Results not equal to cosmetic procedures.
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Cosmo Promo!

Our monthly round-up of hot prizes, hot happenings, and hot stuff. cosmopromo.com

Become our fan on Facebook. Follow us on twitter @Cosmo_Promo.

Engage Him!

Platinum is the ideal choice for engagement rings and wedding bands because it won't change color or fade. It symbolizes a relationship that will endure. Send your guy to **preciousplatinum.com/calculator** so he can figure out how much to spend for your perfect platinum engagement ring!

New **Olay Smooth Finish Facial Hair Removal Duo** is a uniquely formulated two-step system designed to gently yet effectively remove unwanted facial hair, leaving skin beautifully smooth, conditioned and visibly hair-free.

Olay.com

Get Gorgeous With Hot Blogger L-Diva!

Check out this month's tip from **Lauren Cosenza**, the go-to beauty guru behind **Divaliciousblog.com**.

This Thanksgiving, keep the calories off your hips and add some flavor to your tips and lips by wearing chocolate and pumpkin shades on your fingernails and cranberry and apple red on your kisser.

L-Diva is Cosmo Promo's beauty guru, and is compensated for her beauty tip each month.

Vote for your Woman of Worth!

Visit **womenofworth.com** and vote from Nov 7-23rd for this year's Women of Worth National Honoree. She could receive a $25,000 donation for her most charitable cause. Because We're All Worth It!

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AIR OPTIX® offers a complete line of contact lenses that fit your lifestyle. Visit us online to find the lens that's right for you.

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HOT PRIZE

Gift your Guy and Treat Yourself

Havaianas Urban is a new collection of flip flops made especially for men. This year's Cosmo Bachelors are each receiving a pair, and you can check out the sexy, single guys for yourself at **cosmopolitan.com/bachelors**.

Don't want to miss out on the action? Visit **cosmopromo.com** to enter for the chance to win a copy of Cosmo's November issue autographed by the Bachelors, PLUS your own pair of Havaianas.

To learn more about Urban and to find a retailer near you, visit **us.havaianas.com**.

NO PURCHASE NECESSARY TO ENTER OR WIN. The Gift Your Guy and Treat Yourself sweepstakes sponsored by Hearst Communications, Inc. Go to cosmopromo.com from 5 p.m. (ET) October 11, 2011, through November 7, 2011 at 11:59 p.m. (ET), and complete and submit the entry form. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States or D.C. who are 18 years or older at time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at cosmopromo.com.

MAYBELLINE NEW YORK presents COSMOPOLITAN Kisses FOR THE TROOPS

For the third year in a row, **Cosmo and Maybelline New York** are partnering with the USO to collect "kisses" for our troops overseas to show them how sensational we think they are! It's all happening on **Veterans Day, November 11**.

For each "kiss" collected, Cosmo and Maybelline New York will **donate $1 to the USO.***

For more information and to send your kiss to the troops, go to **cosmopolitan.com/kisses**

*Up to $20,000.

HOT PRIZE

Call It Spring

Call It Spring at jcpenney has style for every occasion at very pretty prices. Go from daytime cool to nighttime glam with fun, affordable shoes and accessories for him and her.

Available at jcpenney stores and online at jcp.com.

Ready to strut your stuff in the concrete jungle? Visit **cosmopromo.com** beginning October 11 to enter for your chance to fall in love with Call It Spring in NYC!

One lucky winner and a guest will receive:

- A **trip to NYC**, including roundtrip airfare and hotel accomodations
- A **$500 personalized Call It Spring shopping spree** with a professional stylist

Five second-prize winners will each receive:

- A **$200 gift card for a Call it Spring shopping spree** at jcpenney

NO PURCHASE NECESSARY TO ENTER OR WIN. FALL IN LOVE WITH CALL IT SPRING IN NYC SWEEPSTAKES, sponsored by Hearst Communications, Inc. Go to cosmopromo.com from 5:00 p.m. (ET), October 11, 2011 through 11:59 p.m. (ET), November 7, 2011 and complete and submit the entry form. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States, District of Columbia and Puerto Rico who has reached the age of majority in their state of residence at time of entry. Void where prohibited by law. Sweepstakes subject to complete official rules available at cosmopromo.com.

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There's more than a jar of Olay's superior moisturizers*
in every bottle to leave your skin soft and smooth.
*Versus the top-selling body wash.
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OLAY
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LOTION
OLAY
ultra moisture
BODY WASH

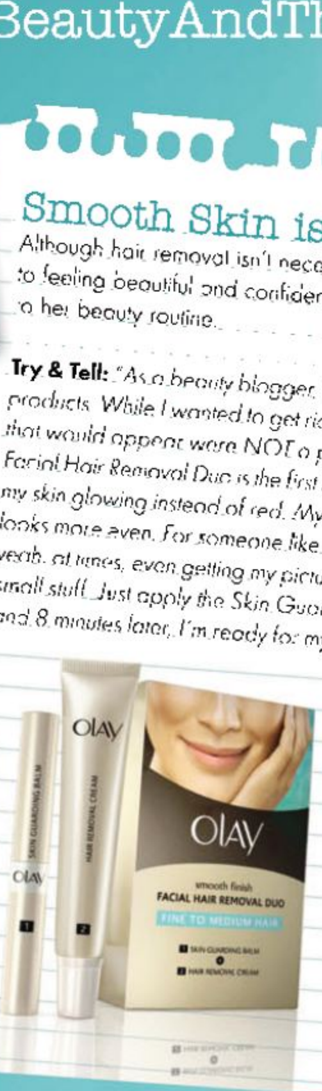
Advertisement

BEAUTY BLOGGER Shyema from BeautyAndTheFeastBlog.com

Smooth Skin is Beautiful Skin

Although hair removal isn't necessarily a beautiful topic, it's essential to feeling beautiful and confident. Shyema shares how she added it to her beauty routine.

Try & Tell: *"As a beauty blogger, I've been through a lot of hair-removing products. While I wanted to get rid of excess hair, those tiny irritated bumps that would appear were NOT a pretty side-effect. Olay's Smooth Finish Facial Hair Removal Duo is the first hair removal system I've ever used that left my skin glowing instead of red. My makeup goes on smoother, and my skin looks more even. For someone like me who is always running to events (and yeah, at times, even getting my picture taken), I now don't have to sweat the small stuff. Just apply the Skin Guarding Balm and Hair Removal Cream and 8 minutes later, I'm ready for my close-up!"*



New **Olay Smooth Finish Facial Hair Removal Duo** is a uniquely formulated two-step system designed to gently yet effectively remove unwanted facial hair, leaving skin beautifully smooth, conditioned and visibly hair-free.

Shyema received free Olay product to try for this promotion.

Meet Shyema:

This month's blogger, Shyema, knows a treat when she sees it. From culinary delicacies to skincare indulgences, Shyema revels in—and dishes on—her two loves: food and beauty! Her blog is filled with mouth-watering meals from NYC hot spots (she rarely goes to the same restaurant twice), and beauty products that she's currently craving. Read on as Shyema shares her thoughts on the newest edition to her beauty routine, **Olay Smooth Finish Facial Hair Removal Duo.**

Follow me!

- BeautyAndTheFeastBlog.com
- twitter.com/BeautyNDFeast

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Purchase an Olay product and receive a limited edition purse pouch from Olay and Cosmo, perfect for toting your Olay products. Send your receipt, name and return address to Olay GWP Offer c/o Cosmopolitan, 300 West 57 Street, Floor 37, New York, NY 10019.

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Olay
New facial hair removal duo.
Together, as gentle as a feather.
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NEW OLAY
SMOOTH FINISH
FACIAL HAIR REMOVAL DUO
A gentle way to get smooth, visibly hair-free skin.
1 A gentle balm that minimizes irritation.*
2 A cream that effectively removes hair.
Olay skin care expertise now comes to hair removal. For visibly hair-free, carefree results. Learn more at TruthOrHair.com
*Duo vs. cream alone.
OLAY. CHALLENGE WHAT'S POSSIBLE.™
SKIN GUARDING BALM
Olay
1
Olay
HAIR REMOVAL CREAM
2
Olay
smooth finish
FACIAL HAIR REMOVAL DUO
FINE TO MEDIUM HAIR
1 SKIN GUARDING BALM
+
2 HAIR REMOVAL CREAM
Find it in the
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PROVEN TECHNOLOGY TO REDUCE AND HELP PREVENT FRUSTRATING BLEMISHES AND BREAKOUTS.
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OLAY PROFESSIONAL PRO-X clear ACNE SKIN CLEARING TREATMENT 2
OLAY PROFESSIONAL PRO-X clear COMPLEXION RENEWING LOTION 3
OLAY PROFESSIONAL PRO-X clear ACNE PROTOCOL
1 ACNE PORE CLARIFYING CLEANSER
2 ACNE SKIN CLEARING TREATMENT
3 COMPLEXION RENEWING LOTION
NEW OLAY PROFESSIONAL PRO-X CLEAR.
Pro-X Clear is a total skin care solution. Designed by a team of leading dermatologists and skin scientists, it helps stop the frustrating cycle of breakouts and blemishes. Their professional expertise, together with Olay's skin-transforming experience, provides an answer with clinically proven technology to reduce and help prevent blemishes. And, additionally, even texture and minimize the look of pores in as little as 4 weeks. See the proof at Olay.com/clear
FIND IT WHERE YOU FIND OLAY SKIN CARE PRODUCTS.
POTENT. PROVEN. PROFESSIONAL.

beauty**NEWS**

The hottest trends, tips, and stuff

VIBRATORS... FOR YOUR FACE

Turns out, vibrations aren't just awesome in the bedroom. Presenting pint-size pulsers that will have your skin glowing.

IF YOU HAVE ZITS

Place TändaZap, $49, over your blemish for a two-minute cycle twice daily. Its movement increases circulation, reducing swelling. Plus, its blue light kills pimple-causing bacteria.

IF YOU HAVE FINE LINES

Run Zeno Line Rewind, $40, over skin after moisturizing. Vibes push hydrating ingredients deep into the skin, so lines plump up in the short term, looking less obvious.

IF YOU HAVE PUFFY EYES

Clarisonic Opal Sonic Infusion System, $185, works like a mini massage machine, flushing out fluids. Like Zeno, it boosts eye-cream absorption for a temporarily line-free effect.

SOURCE: ELIZABETH TANZI, A DERMATOLOGIST IN WASHINGTON, D.C.

Try These Rapunzel Potions

A recent study found that procyanidin, a grape extract (find it in Phyto Phytocyane Revitalizing Shampoo, $24), binds to the keratin proteins in your hair, strengthening strands, so they're less likely to snap off...and more likely to keep growing. Also key to a longer, stronger mane: ceramides (found in Redken Extreme Strength Builder Plus, $17) and amino acids (Nioxin's Hair System Kit, $44, is packed with them).

Mila makes her jewels multitask.

CELEB LOOK

Hair Necklaces

Have a crystal or multistrand chain buried in your jewelry box? Dig it out and rock it as a headband. Pull your hair back into a loose bun, then secure the ends with mini claw clips and the top with a small bobby pin, says Kristin Ess, owner of her namesake salon in Los Angeles. Spray the clips and pins with hair spray first (like Fekkai Sheer Hold Hairspray, $21) to give them extra tack.

Freshly Cut

The season's flirtiest fragrances smell—and *look*—like a bud vase full of flowers.

1. **Vera Wang Lovestruck,** $68. You'll both love the addictive mix of tuberose and lotus blossom.
2. **Marc Jacobs Oh, Lola!,** $68. One whiff of this peony-packed perfume and he'll follow his nose.
3. **Justin Bieber Someday,** $45. Jasmine, sexed up with musk, will surely make you a Belieber.
4. **BCBG Max Azria Eau de Parfum,** $55. Rose and kir royale guarantee a night of drunken romance.

See page 228 for shopping information.

(Stills) **CHRIS ECKERT/STUDIO D.** (Kunis) Kristina Nikishina/Epsilon/Getty Images.

HIS PICKS

WHAT TO SKIP BEFORE HITTING THE SHEETS

Curious to know which of your pre-bed primping habits men find most cringeworthy? Get the scoop from our online poll, then follow our advice.

36% DOTTING YOUR FACE WITH ZIT CREAM	26% APPLYING AND THEN SMELLING OF SELF-TANNER	23% GREASING UP YOUR BOD WITH CREAM	15% WASHING YOUR HAIR… AND NOT DRYING IT
TIP: Try Clinique Acne Solutions Spot Healing Gel, $14.50; the zit-zapping formula dries clear.	**TIP:** Glow lotions like Nivea Sun-Kissed Radiant Skin, $8, contain less DHA (the stinky ingredient) than regular self-tanners.	**TIP:** Lather up with ultra-hydrating Neutrogena Revitalizing Rainbath, $9, so you can skip lotion postshower.	**TIP:** A speedy ionic dryer, like Sedu Revolution Pro Tourmaline Ionic 4000i Dryer, $160, makes H_2O molecules evaporate faster.

Most men aren't *wild* about Olivia's sporty style.

WE ASKED 100 GUYS ON THE STREET

Ponytail: sexy or save it for the gym?

36% SEXY

64% SAVE IT FOR THE GYM

Treat Him to a Manly Mask

Guys are usually anti–face masks. Enter the latest: Bliss No "Zit" Sherlock Breakout-Busting Rubberizing Mask ($38 for six), which dries to a rubbery finish and peels off *Mission Impossible*–style. He'll love the non-girlie vibe, and you'll both love the fast complexion-perfecting results (tea-tree and seaweed extracts are awesome at zapping zits and beard bumps). Just mix the powder with water, spread the paste onto his and your skin, and—20 minutes later—channel your inner spies.

Pimple-free and ready to play

A Tantalizing Towel Trick

After showering, skip the robe and instead greet him with a rose-colored bath towel wrapped around your bod. The hue works like makeup, causing your skin tone to appear supersexy and radiant, says Tim Quinn, a celeb makeup artist for Giorgio Armani cosmetics.

(Products) courtesy of the manufacturers. (Wilde) Scott Kirkland/Photoshot. (Towel) istockphoto.com. (Model) **LYNDA CHURILLA.** See page 228 for shopping information.

THE NEW FRAGRANCE FOR WOMEN
CREATED BY A MAN WHO ADORES THEM
live in love
live in love
Oscar de la Renta
PREMIERING AT LORD & TAYLOR AND BELK
OSCARDELARENTA.COM

beauty**LOOT**

Flaunt Flawless Skin

Fall's crop of complexion-perfecting formulas will make blemishes, dark circles, and pores disappear.

Clinique Pore Refining Solutions Instant Perfector, $18

Pores No More
A thin layer of this divot filler creates an even, natural-looking surface.

Smashbox Halo Highlighting Wand, $32

All Aglow
Place a light-reflecting cream on dull areas for an instant pick-me-up.

Estée Lauder Resilience Lift Instant Action Lift Treatment, $65

Smooth Moves
You'll love the feel (and line-plumping power) of this skin quencher.

NP Set Calming Pre-Foundation Primer, $29

You…Sensitive?
Not with a soothing green primer, which cancels out redness.

Kate Somerville 24 Hour Pimple Punisher, $28

Zit Zapper
In this dual-sided stick: an invisible gel for day and a potent p.m. cream

Aveeno Smart Essentials Anti-Fatigue Eye Treatment, $10

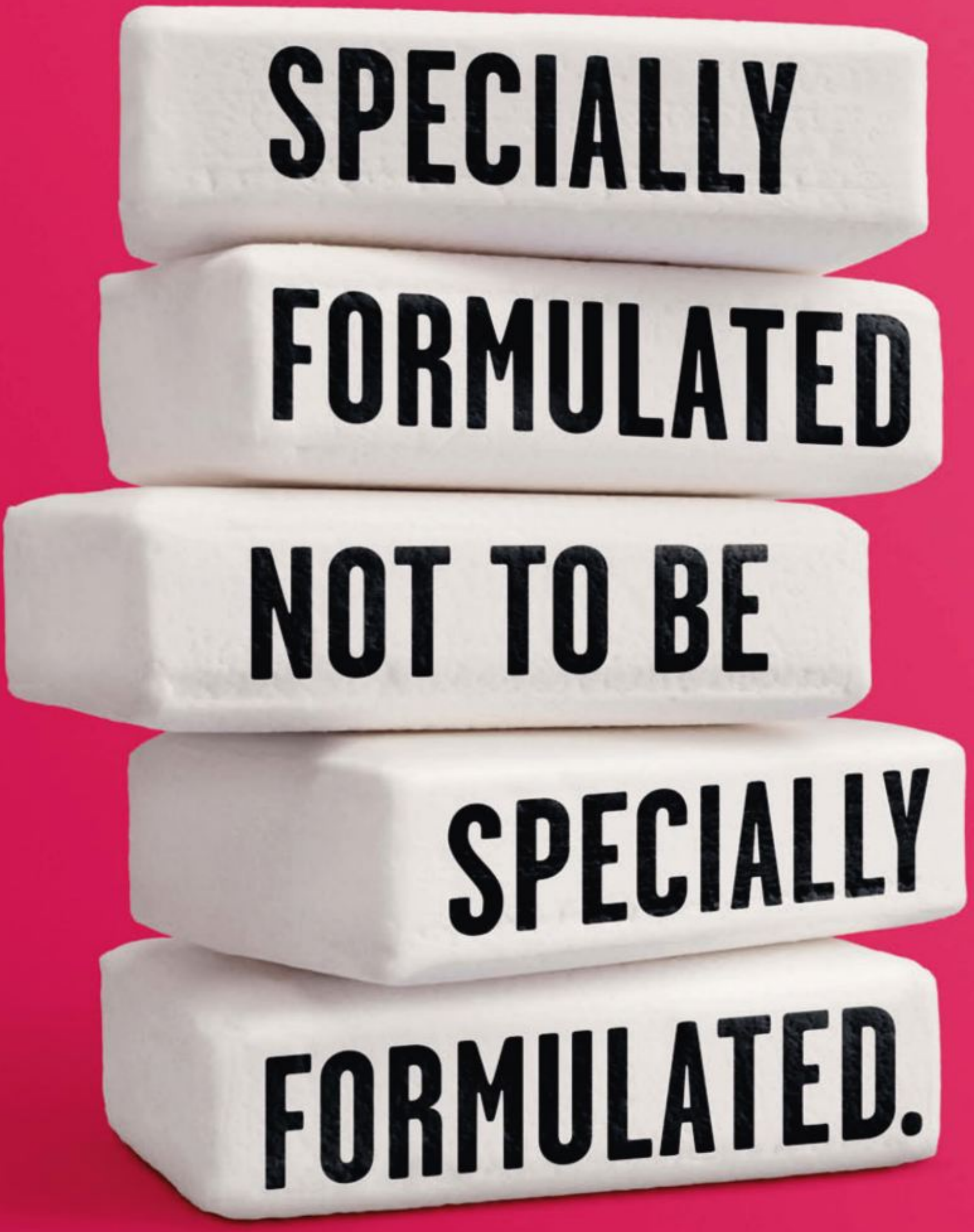
Up-All-Night Essential
An eye serum and a depuffing roller-ball tip is key to faking a full eight hours.

Garnier Skin Renew Clinical Dark Spot Corrector, $17

Out, Damn Spots!
Packed with sky-high levels of vitamin C, this obliterates dark marks.

CHRIS ECKERT/STUDIO D

See page 228 for shopping information.



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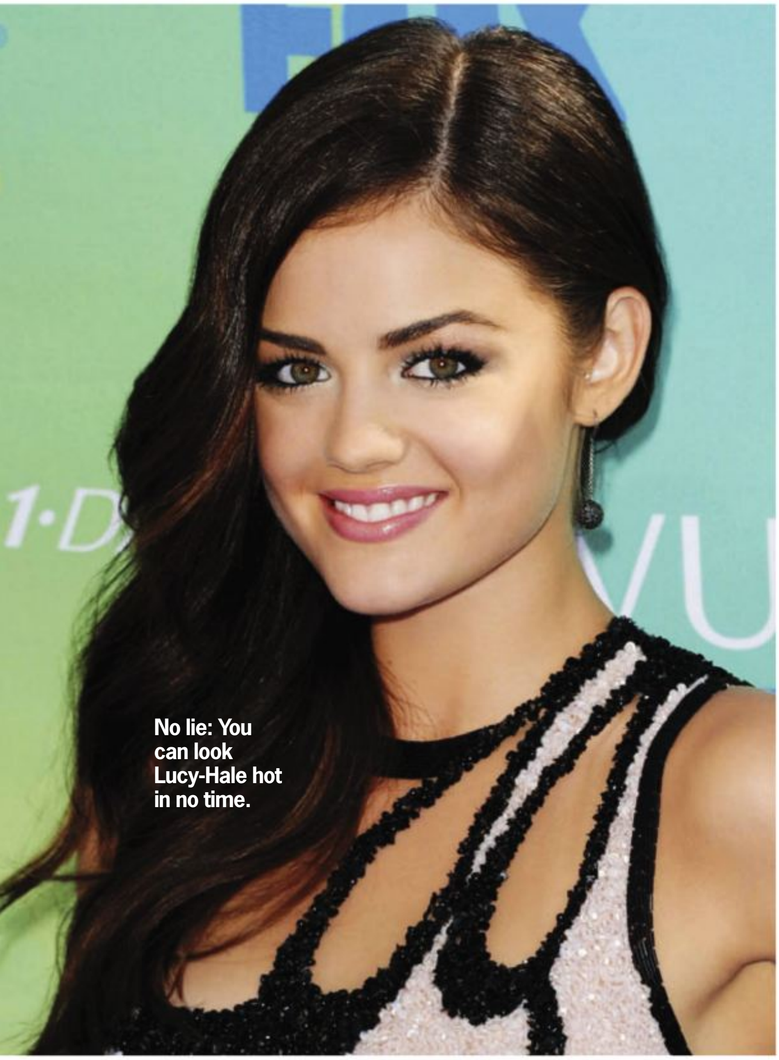
beauty CHEAT SHEET



No lie: You can look Lucy-Hale hot in no time.

Date-Night Glam—in Five Minutes

Take your makeup from soft and subtle to dazzling seductress with these brilliant little strategies. They build on your daytime look, creating one that'll totally mesmerize him.

THE EXPERT: Celeb makeup artist Katrina Hess

THE PREP: Touch up any redness and breakouts with concealer, and soak up T-zone shine with a light layer of powder.

THE TECHNIQUE:

1 Run jet-black eyeliner pencil along your inner rims. This creates a bold contrast against the whites of your eyes—the fastest way to look night-out sexy.

2 Now sweep the pencil across your upper lash line, starting thin at inner corners and getting thicker. Smudge outer corners—the darkness creates a p.m.-perfect smokiness—and add bronze shadow to lids and creases.

3a To bring tons of light to the eye area, dot highlighting cream (silver tones look best on fair skin; golden on medium or dark) on your inner corners.

3b Then apply it in a C shape from temples to the tops of cheekbones.

4 Hold your mascara wand vertically, and run it along the tips of your lashes to add extra length. When dry, curl upper lashes at the root so they stand up straight and look even longer.

5 Swipe on a neutral lip gloss, dabbing an extra dose on the center of lips. The extra sheen will add a supersexy vibe.

TIP: Oil-blotting papers are a night-out essential. Use them to soak up shine, as layers of powder can look cakey.

(Hale) Jason Merritt/Getty Images. (Illustrations) STUART MCKENZIE/EYECANDY.CO.UK.

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Drew Barrymore shimmers in Intense ShadowBlast in Blue Bomb.
easy breezy beautiful COVERGIRL
intense shadowblast

beauty**SHOWDOWN**

We draw the line between what's spot-on and what's so wrong.

TRY THIS

Rimmel Glam'Eyes Mono Eye Shadow in Posh Peacock, $3.50

Urban Decay 24/7 Glide-On Eye Pencil in Electric, $18

A Touch of Aqua

Sweep icy blue shadow on lids, and run a matching pencil along inner corners and your lower lash line.

Ginnifer Goodwin

NOT THAT

Heidi Klum

Drowning in Aqua

Well, her husband's name *is* Seal—maybe he likes it.

Vampy Nails

A metallic sheen keeps black polish chic, not goth.

Sally Hansen Complete Salon Manicure in Midnight in NY, $8

Thandie Newton

Tracy DiMarco

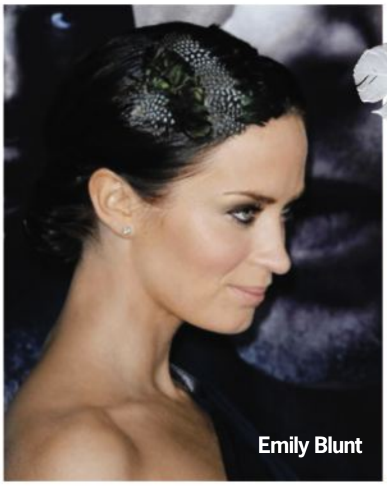
Trampy Nails

Tracy's talons have so many uses: scraping eggs off the bottom of the pan, applying spackle to her face….

Feathers in Your Hair

Tame flyaways with a little smoothing cream before pluming your do.

Organix Moroccan Argan Oil Blow Out Cream, $8



Emily Blunt

ALEXIS MABILLE

Feathers in Your Hair

Aw, poor Tinkerbell got kicked out of Never Never Land (and damn, does she look pissed about it).

(Stills) **JEFFREY WESTBROOK/STUDIO D.** (Goodwin) Kevin Mazur/WireImage. (Newton) Indigo/Getty Images. (Klum) Brian To/FilmMagic. (DiMarco) Dave Kotinsky/Getty Images. (Runway) Kristy Sparow/Getty Images.

See page 228 for shopping information.

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Get sexy in the shower (and out) with a $5 bag of salts.

shameless beauty tricks

4 NEW WAYS TO USE… EPSOM SALTS

● **AS A BODY SCRUB** Add a spoonful of crushed-up salts to a dollop of body wash, then lather up.

● **TO GET BEACHY WAVES** Mix a teaspoon of salts, a few drops of olive oil, and ¼ cup of water in a spritzer bottle; mist on damp hair.

● **AS A HAIR CLARIFIER** Combine 1 cup each of salt and lemon juice with a gallon of water. Let it sit overnight, then pour over hair before you shampoo.

● **TO FADE BRUISES—FAST** Toss 2 cups into a bath, then soak. The salts' minerals fade dark marks.

Trim Down Your Spa and Salon Search

Next time you need to book a predate blowout or wax, streamline the process by going to styleseat.com. Like Open Table—except for beauty treatments, not restaurants—it lets you search a database of local pros (hairstylists, colorists, spa techs, and more) based on their availability. You'll also get the inside scoop on discounted services available in your area.

Oops-Proof Nail Art

Detailing your own tips can be a huge cash saver. But screwing up—and having to start from scratch—sucks. Solution: these no-fail DIY designs.

Start your mani as usual: Paint all 10 fingers with the polish color of your choice (to get the look above, try Sally Hansen Xtreme Wear in Marine Scene, $3), and let dry.

To add artsy elements, use water-based lacquers (like these from the Orly Instant Artist Kit, $32), which allow you to remove only the mistake with a wet pad (the base color stays put).

Put your head in here.

Is Your Face Cream Working?

Find out with Visia (above), a photo booth that measures wrinkles, pore size, and pigmentation. Once offered only by docs to analyze skin pre- and post-treatments, the machines are now rolling into Whole Foods stores courtesy of MyChelle Dermaceuticals. Sneak in for a pic before testing out a new regimen, then go back to see if it made a difference.

(Clockwise, from left) Eric Fischer; Stockbyte/Getty Images; courtesy of Whole Foods Market; **CHRIS ECKERT/STUDIO D.** See page 228 for shopping information.

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Soap leaves behind soap residue. You can't see it on your skin, but it can leave a tight draggy feeling. Dove® is different. With its patented blend of cleansers and moisturizers, **Dove® rinses cleaner than soap.**

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Soap residue in hard water cannot be seen on skin. This is a dramatization. ©2011 Unilever

beauty Q+A

Every month, we answer a bunch of your burning beauty questions.

Keep your sun-kissed color from looking scorched.

Q. My strands are fried from years of highlights. Can I rehab my hair?

Yes, just use a hair mask instead of conditioner for a month, says salon owner Paul Labrecque. Bleach strips hair of its moisturizing layer (called the F, or fatty-acid, layer), causing locks to feel like straw. Masks, which are more concentrated, contain ingredients that mimic the F layer. Quench your strands with Pantene Pro-V Color Nourishing Treatment, $4, with panthenol, or Fekkai Technician Color Care 3-Minute Mask, $32, with avocado and jojoba oils.

Q. I just bought a beauty service through an online deal site. How much should I tip?

A. As long as you get a great end result, you should still tip 15 to 20 percent of the original price, says Dannielle Kyrillos, lifestyle expert for Gilt City. Ask the receptionist for the treatment's normal cost when you book your service or check out.

Q. Which should I use to apply body wash—a washcloth, a loofah, or my hands?

A. Your clean hands are safest. Washcloths and loofahs harbor bacteria, which can lead to breakouts and infections, says NYC dermatologist Carin Gribetz. If either is your tool of choice, follow these tips: Use a clean washcloth with every use, and disinfect a loofah once a week (Dr. Gribetz's solution is to soak it in three cups of water and a cap of bleach for 10 minutes), plus replace it every month. And never share either with your man.

L'Oréal Paris Visible Lift Smooth Absolute, $16

Q. What's the best way to clean my foundation brush?

A. Baby shampoo and warm water will do the trick—afterward, squeeze excess water out of the bristles, and lay it flat to dry. If you use foundation that has an attached brush (such as L'Oréal's, at left), clean it with a face-cleansing towelette, says makeup artist Collier Strong. Otherwise, water could seep into the tube and affect the formula.

Q. Why do my pits constantly look like they have a five-o'clock shadow…even right after I shave?

A. "Shaving doesn't remove the root, which is what you're seeing," says derm Howard Sobel. What will: waxing (we like precoated Veet Ready-to-Use Wax Strips, $10) or laser hair removal. Underarms need only about five treatments, and packages—such as those by Bliss—are more affordable than ever (about $100 to $150 a session).

Have a question for Cosmo's primping pros? E-mail it here! BEAUTYQANDA@HEARST.COM

(Top to bottom, from left) Chris Militscher; istockphoto.com; **CHRIS ECKERT/STUDIO D.** See page 228 for shopping information.

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FALL INTO YOUR BEAUTY

WITH THE perfect**pout**

Pucker up! All glam girls need a statement-making smooch. Are you all the rage for reds and berries, or playful with pinks and neutrals? Whatever your signature shade, **Mary Kay®** will help you fall into your beauty with a variety of kissable options this season.

BERRY-LICIOUS & BOLD

Reds and berries make a killer comeback this season–whether matte or satin finish! Fit for a princess, try **Liquid Lip Color** in **Royal Plum** for the perfect amount of go get 'em glam! If you're looking to be bold and bring out your inner bombshell, **Creme Lipstick** in **Red** is the way to go. Mary Kay's luscious lip colors will have you ready for a haute holiday in no time.

SUBTLE & SOFT

Seeking something softer? Mary Kay's subdued pink and neutral tones are playfully perfect for day yet subtly sexy for night. If you're craving super-shine, **Nourishine™ Lip Gloss** in **Cream & Sugar** will be your new best friend. For effortless chic, try **Tinted Lip Balm** in **Blush**–not only is the shade super-soft, but the formula protects and moisturizes, leaving your lips super-soft, too!

*Jot down these lip tips from **Mary Kay Independent Beauty Consultants** in your style notebook~*

1. Your lips should complement your eyes. If you're berry-licious & bold, eye makeup should remain neutral; but if you're playing up the eyes, a subtle & soft pink or neutral gloss will do the trick!
2. Apply Mary Kay® Lip Primer to lips before lip color for longer-lasting coverage.
3. Lip pencils help define your lips and allow you to achieve any desired shape (Try one of Mary Kay®'s Lip Liner shades).

Mary Kay Independent Beauty Consultants are available through **marykay.com** to answer your cosmetics questions and provide personalized service. Online or in-person, your Beauty Consultant is your connection to Mary Kay® products.

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STAY SOFT & SEXY... TOGETHER

These pampering his-and-hers moves don't just ensure skin and hair are silky smooth—they'll make you both so super touchable, you won't be able to keep your hands off each other.

By Marta Topran

Winter's dropping temps are ideal conditions for hibernating indoors with your guy. But let's be serious: Dry hair, chapped lips, and flaky skin (which affect women *and* men) can be major turn-offs—exactly why you need our head-to-toe softening tips! Meant to be done together—in sexy places (such as the bedroom and tub) and during steamy times (like a postsleepover morning)—these sensual moves make moisturizing way more fun than simply slathering yourself with lotion and are the perfect excuse to spoil each other.

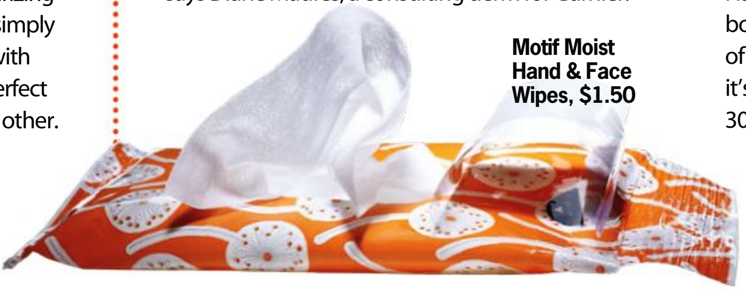
Get Soft & Sexy...
In the Bedroom

Whip Up a Sexy-Skin Nightcap

Boost your moisture levels from the inside out by mixing him this late-night drink inspired by skin-friendly bar menus, like the one at NYC's Provocateur: Combine equal parts vodka and super-hydrating lychee syrup (or try Borba Replenishing Skin Balance Water, $36 for a pack of 12, which is already spiked with the fruit) with the juice of one lemon. Shake, then pour over ice.

Start a New Pre-Bed Ritual

Getting your guy to wash his face before bed is a challenge in itself. Scrubbing and moisturizing? Yeah, right. So stock your bedside table with a packet of 3-in-1 face wipes—those that cleanse, buff, and hydrate—like Motif's, below. (Also great: L'Oréal Paris Revitalift Smoothing Cleansing Towelettes, $7.) Use one every night and you'll notice softer (and clearer) complexions in a week, says Diane Madfes, a consulting derm for Garnier.



Motif Moist Hand & Face Wipes, $1.50

Votre Vu SnapDragon Crème Pour Le Corps, $42

Try This Lotion Trick

For a soothing presleep treat, heat up a lightweight body lotion (we love the Votre Vu, above, and Nivea Express Hydration Daily Lotion, $9), and apply it to each other in massaging motions. Not only will it feel super seductive, but "warm lotion is absorbed more easily and deeply into skin," says Marta Grochowska, an aesthetician at Haven Spa, in NYC. Place your bottle of moisturizer into a bowl of hot water for 5 minutes (or if it's in a glass jar, nuke it for 15 to 30 seconds with the lid off).

ERIC RAY DAVIDSON. Fashion editor: Charles Manning. Hair: Anja Grassegger for L'Oréal Professionnel at Factory Downtown. Makeup: Natasha Smee at The Wall Group. Manicure: Yuko Wada for Mark Edward Inc. Prop stylist: Courtnay Cain Saunders. Bra: ASOS. (Stills) **JEFFREY WESTBROOK/STUDIO D.**

Your bed: A secret skin softener

Sleep on Satin

You've likely heard that snoozing on a satin pillowcase will keep your complexion smooth (one reason: It doesn't absorb face lotion like cotton can). So imagine what sleeping on a full set of silky sheets can do for both your whole bods. "The fabric glides easily against skin and helps it retain its natural moisture," says Dr. Madfes. Plus, it just feels sexy! Before he comes over, switch your sheets.

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Get Soft & Sexy...

In the Tub or Shower

Make Bath Time Even Hotter

Before taking a romantic dip, add a few tablespoons of bath oil (like the sexy-smelling Jo Malone one, at right) to the water. "The slick film on the surface of the water will cling to your skin when you step in—this prevents the hot bath water from robbing your skin of its natural oils—plus, it continues to hydrate as you soak," says Grochowska.

Jo Malone Red Roses Bath Oil, $60

Give Your Locks Love

Garnier Fructis Triple Nutrition 3-Minute Undo, $6

Hair isn't immune to winter's dehydrating effects. And guys are more prone to brittleness since they don't always use conditioner, says Sarah Potempa, an Aussie stylist. Solution: Lure him into the shower for a quickie, but apply a hydrating hair mask to each other first (like Garnier's, at left). By the time you're both blissed out, your strands will be silky.

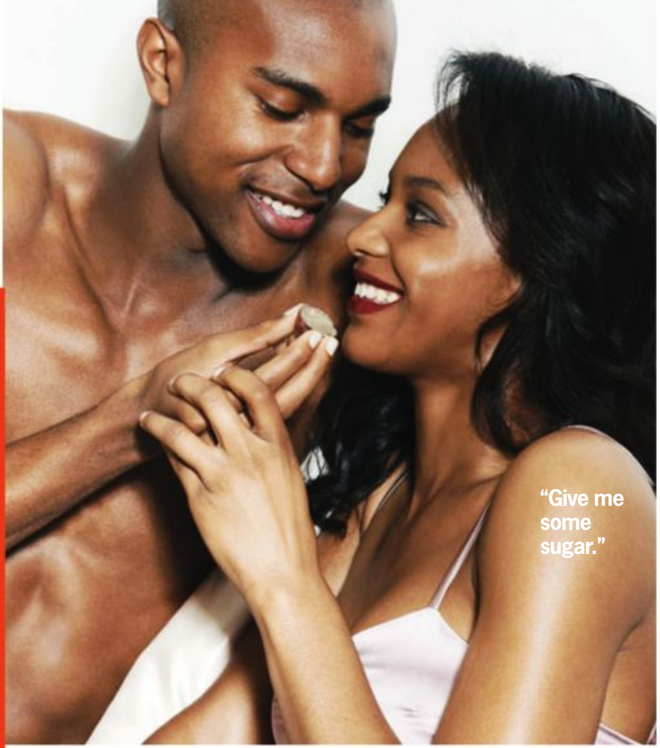
Switch Your Suds

Trade in shower gel or bar soap for a rich body wash made with shea butter or glycerin (we love Dove VisibleCare Softening Crème Body Wash, $8, and Olay Ultra Moisture Body Wash, $7), which lock in your natural moisture levels, says Ava Shamban, a Beverly Hills derm. Stash a bottle at his place too; consistency is key to a touch-me texture.

Slough It Off

Pro body scrubs are like Gatorade for your skin—serious quenchers. But most spas don't offer scrubs à deux. DIY with this moisture-rich version: Combine one cup applesauce with a quarter cup each of brown sugar, crushed green-tea leaves, and olive oil, says Dr. Shamban. (Or try a sugar-packed scrub, like the one below.) Rub it all over each other, rinse, then pat skin dry with a towel.

Laura Mercier Sugar Scrub, $46



Get Soft & Sexy...

The Morning After

Sweeten an A.M. Make-Out Sesh

Mix one teaspoon each of honey and sugar, and rub it onto each other's lips with the fleshy side of a halved grape. "The sugar removes dead skin, while the fructose in the grape and honey hydrates," says Mathilde Thomas, cofounder of Caudalie Spas. Rinse, then seal in hydration with balm (Sally Hansen's, at right, won't tint his lips).

Sally Hansen Vitamin Lipcare Collection, $5 each

Brunch Yourselves Beautiful

One of the best parts of a sleepover: a chill morning-after brunch. Make your meal work double duty by choosing foods rich in omega-3 fatty acids. "They fortify the outer layer of skin by locking in moisture," says Dr. Madfes. Two tasty options: Add smoked salmon to a bagel or avocado to your eggs.

Slip Into Something Soft

Before settling in for a Saturday-afternoon DVR marathon, strip off your jeans and wool sweaters. Rough fabrics disrupt the protective skin-cell layer, causing dryness, says Dr. Shamban. The most skin-friendly duds: those with a blend of cashmere. It is rich in natural oils, upping your touchability factor.

ERIC RAY DAVIDSON. Camisole: Zinke. (Stills) **JEFFREY WESTBROOK/STUDIO D.** See page 228 for shopping information.

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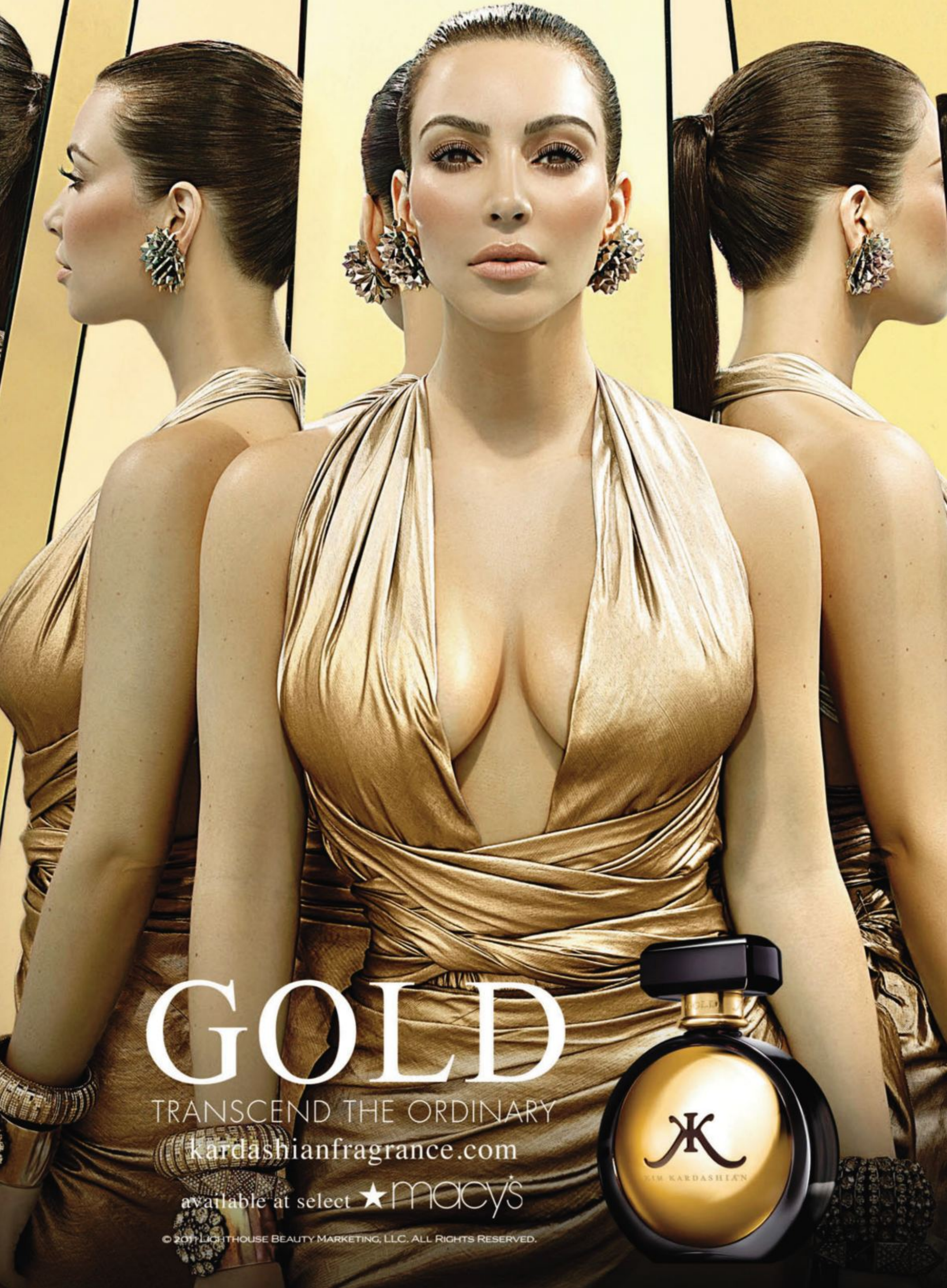
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KIM KARDASHIAN

"Do these boxers make my package look small?"

CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Anthony Nader at Atelier Management for Redken. Makeup: Courtney Perkins using MAC. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Robert Sumrell for Walter Schupfer Management. Boxer briefs: Polo Ralph Lauren.

His 8 Biggest Sex Secrets

The only thoughts occupying your guy's brain during sex should be how amazing it is and how lucky he is to be with you. But according to a Cosmo poll, the supposedly cockier gender has a lot of anxiety in bed…not that they'd admit it. We ID their top worries and how to put each to rest, so you can both experience maximum satisfaction.

BY MINA AZODI

Every guy has bedroom hang-ups, but chances are, he'd rather watch a *Twilight* marathon than share them with you. "It's a pride thing," says Ian Kerner, PhD, author of *Passionista*. "They don't want you to doubt their skills, and they also aren't used to talking about it, whereas women discuss their insecurities with their friends." That's where Cosmo comes in. We asked more than 1,000 men to confess the stuff they worry about and compiled this list of their top answers. And since we wouldn't leave you hanging, we enlisted the help of top sex experts to figure out how to deal with each one. All these tips keep his anxiety low, so his pleasure (and yours) will be off-the-charts high.

#1 "Uh-oh, this feels *too* good."

Climaxing too soon is a very real worry for 65 percent of the men who took our survey. "Premature ejaculation, which technically means reaching orgasm in less than two minutes, affects about one-third of men," explains Kerner. And even if your BF or husband lasts longer, his ego is wrapped up in his stamina, so it's still on his mind. "When a man climaxes before he intends to, whether that's after 1 minute or 15, it shakes his confidence and makes him feel out of control," he says.

That kind of pressure can ruin the moment for a guy (and you, too, since it screws with his ability to focus on your needs). You can ease some of the stress by looking out for clues that he's struggling to restrain himself—a tense jaw, clenched muscles, and short, rapid

breathing are all signs. If you notice these, switch to a position that gives less stimulation. Girl-on-top is a good bet, since you can set a slower pace and use a back-and-forth grinding motion (as opposed to moving up and down), which will reduce the friction that typically triggers his orgasm.

You can also take a mini break between positions and touch each other in sensual spots, like the neck or ear. That way, you keep his desire simmering without having it boil over before either of you want it to.

#2 "I have no clue how to make her climax."

This fear is just as huge for guys as a too easily triggered O. Basically, if he's unable to satisfy a woman, he feels like less of a man. "That's why men appreciate it when you let them know exactly which moves are going to get you to your peak," says sex educator Lou Paget, author of *How to Be a Great Lover*.

You don't want to bark orders, but you do want to say things like, "That feels amazing. Can you go softer/faster/harder?" The more specific you are, the better. So tell him if direct contact works best for you or if you prefer more light teasing around—and not on—your clitoris. "You're making it clear to him what you need without him feeling like he's fumbling," says Paget.

To really reinforce it in his mind, think of a nickname for the move that triggers your O. If you like direct, pulsing contact, tell him after sex, "I love it when you do 'the doorbell.'" When he asks you what the hell that is, demonstrate it on his arm with your finger. "This will help him remember that it's crucial to your climax," says Paget.

#3 "Whoa, what if she gets pregnant?"

There's an obvious fix for this worry that plagues more than half of dudes: If you're on the Pill, tell him up front. When it's time to bust out the condoms, be the one to put it on him. Here's how to do it in three steps: Hold the tip of the condom between two fingers, place the opening on the head of his penis, and then use your other hand to unroll it down his shaft in one fluid motion (kiss him while you do it, so it feels like a part of foreplay).

If you really want to wow him, try putting it on using your mouth. Hold the condom (a mint-flavored one will make this more pleasant for your taste buds) so the rim is against your lips and the tip is inside your mouth. Place it on the head of his penis, like you would with your fingers, then use your other hand to smooth it down.

#4 "My oral technique is a mess."

"Most men approach oral sex like a guessing game," Paget says. "They're not sure if they should lick, kiss, or stroke or where they should focus their attention." Again, the key to helping the 45 percent of men who freak over this issue is to be specific. Don't just tell him you like it when he licks—describe it in detail. Is it like an ice-cream cone? More of a flicking motion, like he's flipping a light switch on and off?

It's also helpful if you show him exactly what it takes to get you to climax. Before he goes down there, take a moment to kiss and tongue his inner thighs in the same way you'd like him to do it. Ask him if it feels good, and then tell him that's how you want it when he goes down on you. Even though you'll get your point across, it won't feel like a lame tutorial, since it doubles as a sexy prelude to oral for him too.

#5 "If I tell her my fantasy, she'll think I'm a freak."

This is a terrifying prospect, according to 44 percent of our survey respondents. "He's afraid of being rejected or judged," says Kerner. He needs to know you're open to hearing what's on his sexual wish list, so tell him one of your own fantasies first.

Bring it up when you're in the early stages of foreplay, such as

Accidental Boner Shrinkers

These chicks tried to give their man props...but ended up bitch-slapping his ego. Whoops!

"A girl I dated said this to me before she touched my package: 'Your penis is the perfect size. My ex's was way too huge.'"
—Matt, 27

"I was hooking up with a girl when she said right in the middle of it, 'It turns me on that you're not super experienced in bed.' I felt like such an idiot, and it killed the mood."
—Evan, 23

"My ex told me after I made her orgasm, 'Wow, that's the first time I haven't faked it!' Yeah, we had already had sex several times before that, with her 'climaxing' each time."
—Josh, 31

"I met my girlfriend through a girl I once had a fling with. It wasn't awkward until she exclaimed after sex, 'Wow, you are way better in bed than she gave you credit for.'"
—Zach, 28

"One time, after we finished having sex, my wife told me, 'I'm glad you don't take that long; otherwise, I'd get sore.' She swears she didn't mean it that way, but I still don't let her forget she said it."
—Dustin, 29

Well, *that* should make him feel better.

when you're making out on the couch. "Feel-good neurochemicals will be firing in his brain, loosening his inhibitions, so he'll be more likely to share his fantasy," says Kerner. And if that scenario happens to be something you wouldn't be into in reality, don't let it show that you're kind of disturbed to hear he's a fan. Otherwise, you'll prove to him that he's better off keeping this stuff to himself.

Keep your game face on and say this key line: "I don't think I'd necessarily do that, but hearing you describe your fantasy is so hot." He'll get it but know you still like hearing his X-rated thoughts.

#6 "She thinks going down on me is gross."

We were shocked to discover that 44 percent of guys fret about what you're thinking when you're pleasing him with your mouth. "A lot of men worry that a woman won't like the taste or that she's uncomfortable," says Kerner.

That can tank his libido, since enthusiasm is the secret to awesome oral for guys. We're not saying you need to gush out loud every time—that'd be weird—but there are little things you can do. "Make eye contact, moan, or use your free hand to stroke yourself," Kerner says. "Those subtle moves will let him know you're into it."

#7 "That orgasm deserved an Oscar."

According to a previous Cosmo poll, this worry (which 43 percent of men report having) is justified—more than half of women say they've faked it. Men fear an artificial O for two reasons: It's a blow to their ego, and it makes it harder for them to figure out what you *do* like in bed. But we get that, sometimes, an orgasm just isn't in the cards. In that case, don't fake it.

Instead, tell him you're not going to get there this time because you're stressed, tired, etc. "He'd rather hear that than have you fake it," says Kerner. Of course, if you're not getting off because he's lost down there, you'll need to use the tips in sections two and four of this story to get him on track.

#8 "I'm not big enough for her."

Even if a guy appears confident in his package, this is still in the back of 39 percent of men's minds. Guys are hyperaware of how they stack up sizewise, and they worry that you'll be underwhelmed. "Plus, men have distorted perceptions because of the extra-large penises they see in porn," says Kerner. In fact, one study evaluated men who said they had a below-average penis, when in reality, they all were in the normal range (FYI, the average size is about 5 inches when erect).

For most guys, a compliment or two eases their anxiety. A simple "You feel so good inside me" will do the trick. And if he really is below average, go for positions that make you feel tighter, so he feels bigger. Put your legs on his shoulders in missionary, or try spooning sex, where you're side by side and he enters from behind. Bonus: Both offer lots of clitoral contact (he can reach around if spooning), so you're more likely to orgasm. And since guys are so concerned with satisfying you (see numbers two, four, and seven on this list), that's definitely a win-win. ■

Let him in on what *you* crave in bed with our monthly app, Cosmo for Guys, on iTunes.

CHRIS CLINTON. Bra: Jenna Leigh.

Fascinating New

Scientists are doing a ton of research on how men and women connect, and the findings are groundbreaking. Check out the latest intel so that you can jack up your bonding know-how.

By Bethany Heitman

YOUR BOD FALLS IN LOVE FASTER THAN YOUR BRAIN DOES

Most people think of falling for someone as an emotional journey that takes time. But your body figures it out more quickly. Doctors say when you're love-struck, your brain releases chemicals that make you feel gaga in one-fifth of a second. That's as fast as…

THE *POP* OF A CHAMPAGNE BOTTLE

A STRIKE OF LIGHTNING

A SINGLE BLINK

We weren't being this literal. But yes, strong-arming him works too.

These Moves Can Bring You Two Closer

According to science, there are ridiculously easy and fast ways to become even more connected to your boyfriend. The key is to boost your body's production of oxytocin—also known as the love hormone.

Run your fingers up and down his forearm while you're watching TV. Studies have shown that light, feathery touches like this one send oxytocin flooding through your system.

Go out for a delicious dinner. Enjoying a good meal together that's full of fragrant foods has been proven to get those chemicals pumping as well.

Snuggle up under a cozy blanket together. Many scientists believe when you're warm and toasty, that feel-good hormone kicks in.

SOURCE: HOLLY PHILLIPS, MD

(Champagne) Photolibrary RM/Getty Images. (Lightning) istockphoto.com. (Eye) fotolia.com. (Couple) CHRIS CLINTON.

Facts About Love

He's More Sensitive About Some Relationship Issues Than You Are

A new study shows that some love-related upsets get to your guy more than they do to you. Take a stab at who's touchier in these situations.

You Get Into a Fight

YOU HIM

Answer: Sure, it blows when you argue, and it may leave you feeling unsettled. But it hits him harder. After a blowup, you can call your best friend or your mom to vent and talk things through. However, most men don't feel comfortable doing that, which means they're left to process their feelings on their own, so it takes them longer to recover from a tiff.

You Haven't Seen Each Other in a While

YOU HIM

Answer: Women don't need constant face-to-face contact to connect. While it's not ideal, as long as you know he's thinking about you, you can make it through a week or two without seeing him. Guys, on the other hand, struggle with this. Men feel most connected when they're physically with someone, so time away from you affects him more dramatically.

You're Both Stressed Out

YOU HIM

Answer: If you're both having really off weeks—maybe you have friend drama going on and he's crazed at work—it bums you out especially. The reason: Women tend to rely on their partner to lift their spirits when things aren't going well in other areas of their life. But if he's having a tough time too, he may not be available to help you out, which leaves you worse off.

You Don't Like His Mom

YOU HIM

Answer: Surprisingly, he'll be even more bothered than you are if you don't gel with his mother—especially if he has a close bond with her. That's because men like things to be easy and free of conflict at all costs. So if he's sensing a problem between the two most important women in his life, it will really freak him out and cause him to stress.

SOURCES: RELATIONSHIP THERAPIST JENNIFER BAKER, PSYD; WAKE FOREST UNIVERSITY STUDY

Everything You Thought About Men and Commitment Is Wrong

Guys are always pegged as commitment-phobes, but research is proving that false. Docs found that most dudes say "I love you" about 42 days before women do. So you aren't caught off guard, try to figure out how he feels prior to saying it by reading his body language.

1. If you're out at a bar, he puts his foot on the bottom rung of your stool and balances his elbow on that raised knee, with his crotch facing you. He's creating a circle between you, letting you know he feels united with you.

2. When he first sees you, he scratches his nose. There's erectile tissue in his schnoz, and if he's excited to be near you, it'll enlarge, causing it to itch.

3. At a party, even when he's talking to someone else, his shoulders are turned toward you. This is a sign you're always on his mind.

SOURCES: BODY-LANGUAGE EXPERT JANINE DRIVER; MASSACHUSETTS INSTITUTE OF TECHNOLOGY

ANDERS WENNGREN

The New Flirting Rules

One study found that 78 percent of people receive sexy, flirtatious texts. But communication mishaps happen often because there's no accounting for tone. Be aware of these three mistakes.

	What You Text	What You Mean	What He Thinks
USING SARCASM	Smooth move, Mr. Suave!	"Here's a little flirty teasing after accidentally spilling that drink [or whatever yikes moment he just had]."	"She's convinced I'm a total moron." He can't tell you're joking, so you're better off saying something like "Ha! Oops!" This lets him know you feel for him in an awkward situation.
WRITING A NOVEL	Can't wait to see your hot bod tonight. I was thinking we could go to a movie. Or we could try that new restaurant. Kate and Drew also invited us to hang out, if you felt like seeing them.	"I just want to hang out with you and don't particularly care what we do."	Nothing, actually, because when you ask him a bunch of questions, he stops reading. To let him know you want to hang in a sultry way, just type, "Hey sexy, want to go see *Immortals*?"
BEING AMBIGUOUS	What you did in bed last night was sick!!!	"Loved that tongue technique you tried during sex."	"I totally grossed her out…or maybe she's a prude." Instead, use a word that doesn't have a double meaning: *Amazing*, *mind-blowing*, or *orgasmic* will do the trick.

SOURCE: UNIVERSITY OF RHODE ISLAND STUDY

HERE'S A COOL WAY TO DISCOVER YOUR IDEAL DATE

Your pop-culture tastes can reveal the romantic activities you dig most. Put them to the test:

OF THESE SINGERS, WHO IS YOUR FAVORITE?

A. Lady Gaga

You have an adventurous side and thrive on experiencing new and exciting things. See if your man is game to try something like hitting up an amusement park to go on a roller coaster or finding a gym that offers rock-climbing lessons.

B. Robin Thicke

You are one sexy mama. Whether you're in the bedroom or cooking breakfast, you like to add sensuality to everything. Want a hot date? Try an Ethiopian restaurant. The food is exotic, and you eat everything with your hands.

C. Katy Perry

You are happiest when you're joking around with your guy. Go see a comedy show or visit an old-fashioned candy store and pick out all your favorite childhood sweets before going home for a sugar feast while watching a movie.

D. Jack Johnson

Chillaxing is what you love. You prefer being comfy and are drawn to anything that's stress-free. Book a couples massage at a spa—they're becoming really popular and trendy, and many spots are offering good deals.

SOURCE: JOHN LOUNSBURY, PHD, PROFESSOR AT THE UNIVERSITY OF TENNESSEE

There's a Dangerous Ripple Effect to Breaking Up

Being sad isn't the only thing you have to worry about post-split. Northwestern University discovered that after getting out of a relationship, we're likely to make bad decisions. The areas we're prone to botching:

Health. Studies show you're more prone to gaining weight after ditching a man, probably because you reach for food as comfort. Instead, hit the gym. Exercise releases happiness-inducing endorphins, which put you in a good mood.

Appearance. The study found that many participants changed their look post-breakup. Not a great idea, since you're also likely to make *bad* decisions. Stay clear of the salon for now.

Safety. This is when you're most susceptible to agreeing to that fifth tequila shot or going home with the loner with a face tattoo. Go out with friends so they can keep you in check.

(From left) Michael N. Todaro/FilmMagic; Andy Kropa/Getty Images; Jordan Strauss/WireImage; Ben Meadows/Getty Images.

Guess Why This Couple Has Staying Power

It's not just because they religiously practice the Cosmo Kama Sutra.

You're likely thinking there's no way to tell how good someone's relationship is with just a glance. Well, doctors at the University of Michigan swear you can. They just wrapped up an in-depth study that found that couples who look similar are more likely to stay together. The reason: It indicates that you probably also share a genetic likeness, and that familiarity keeps you solid.

Finally, Some Good News About Divorce

Those scary stats people freely rattle off—that one in two marriages goes under, for example? Old. The current divorce rate is down. Here's why.

1970s: This was the first decade when divorce wasn't completely frowned upon, making it easier for couples to end things.

1990s: Many of the people who got married during this time came from parents who were divorced. Wanting to avoid that, they were more careful when picking their partner.

2011: Now, it's not uncommon for a couple to wait until their 30s to tie the knot. By holding off, people are giving themselves more time to get to know who they are and what they want in a relationship.

SOURCES: RELATIONSHIP THERAPIST JENNIFER BAKER, PSYD; THE NATIONAL MARRIAGE PROJECT AT THE UNIVERSITY OF VIRGINIA

STATISTICALLY PROVEN MAN-MAGNET LOCATIONS

If you're single and looking, this is the guide for you.

AN ELECTRONIC STORE DURING A BIG SALE
Guys take note of when places like Best Buy mark down items so they can pick up a new TV, camera, whatever, at a deal. Check out these stores' websites to see when their next major price slashing will be...and head over there.

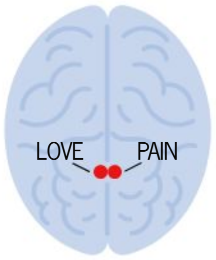
A SPORTS BAR AT 6 P.M.
It's prime football season, and there's always a big game on Sunday afternoon. Hit up the bar around 6 p.m., just as it's ending, so you can chat up some hotties without their attention being diverted by the television.

A COFFEE SHOP NEAR A FINANCIAL COMPANY
According to the Bureau of Labor Statistics, more than 65 percent of financial analysts are men. So head to the neighborhood Starbucks during your lunch hour.

THE WEIGHT ROOM AT THE GYM AROUND 7 P.M.
After work is when gyms are busiest with dudes working on their pecs. Bonus: Weight rooms are usually paneled with mirrors, giving you a sneaky way to scope out prospects.

THE LIQUOR STORE BEFORE THANKSGIVING
Turkey day is a family holiday that requires lots of prep work. And hitting the liquor store for booze is the one task most guys willingly take on. Why not volunteer to do the same for your fam? While you peruse the fine wines, you can look for a fine-ass man too.

Love Can Actually Ease Pain



Doctors have discovered that there's a specific area in the brain that registers love. Turns out, oddly, it's the very same spot where you process pain. And according to a groundbreaking study by the Stanford University School of Medicine, because of the shared location, you may actually stop hurting if you think of your guy.

(Couple) ADAM FEDDERLY. (Headphones) Photographer's Choice/Getty Images. (Hamburger and coffee) PhotoDisc/Getty Images. (Weights and wine bottle) istockphoto.com. (Bride and groom) Tetra Images/Alamy. (Illustration) ANDERS WENNGREN.

Get More Pleasure From His Penis

Why is your guy sometimes harder than a Harlequin romance hero and other times merely firm-ish? Well, science has the answer—plus ways to make his member a titanium rod.

BY JESSICA KNOLL

"Someone's been loading up on the bilberries…."

CHRIS CLINTON. Assistant fashion editor: Jennifer Steele. Hair: Bryce Scarlett for artistsbytimothypriano.com. Makeup: Kristin Hilton at The Wall Group using Dior Cosmetics. (On her) Bra: Jenna Leigh; pantie: VPL; bracelet: Erica Simon Jewelry. (On him) boxer briefs: Calvin Klein Underwear.

Here at Cosmo, it's our mission to make sure you have spectacular sex as often as you want. Hence our tips about things you can do for yourself to ensure you're a happy camper. But there's another piece of the hot-action puzzle that new research is shining a light on—how the quality of your guy's erection affects your pleasure.

The rationale is this: The harder he is, the more stimulation he can provide, which will, in turn, make sex more satisfactory for you. But up until recently, it didn't seem like there was anything that you—or even the owner of the equipment—could do to make his stiffy stiffer. Now, science tells us differently. "We know that certain nutrients, sexual techniques, and lifestyle factors absolutely affect the potency of a man's erection, which helps to improve his partner's experience as well," says Steven Lamm, MD, author of *No Guts, No Glory*.

We spoke to experts, who gave us the full monty behind five boner-improving secrets. Obviously, we don't want you to become his penis mommy, which is why we came up with ways to implement these moves on the sly.

Stock the Fridge With This

Any dark fruit, like blackberries, bilberries, or elderberries, contains high levels of anthocyanins, potent antioxidants that are basically an erection's best friend. An Indiana University study found that arteries treated with anthocyanins were better able to hold on to nitric oxide—which is what allows blood vessels to expand, making room for the blood that rushes into the penis when arousal occurs.

Since we haven't seen a bilberry or an elderberry in, oh, *ever*, your best bet is to pick up a carton of blackberries or a jar of blackberry jam and get crazy territorial about making breakfast in the morning.

Be in Bed Early

Peckers in peak condition typically have one thing in common: They're attached to men who log at least seven to eight hours of sleep every night. A solid session of zzz's contributes to penis health in two ways. "Men experience erections during the REM cycle of sleep," says Dr. Lamm. "This means that fresh blood is being driven into the penis, which ensures it's getting the nourishment it needs."

The second factor is mental. "Morning erections are common in men, but what people don't realize is that it's not just because testosterone is highest then," says Barry McCarthy, PhD, author of *Men's Sexual Health*. "It's also because if he's getting enough deep sleep, he's dreaming, which is the body's way of renewing itself psychologically. His mind is a fresh palette in the morning, and with no other thoughts or anxieties competing for his attention, he can focus one hundred percent on sex."

Booze Less

All our experts were unanimous on this front: Alcohol improves the quality of sex only in so far that it makes both men and women feel less self-conscious. But physiologically, it's an inhibitor. "It reduces testosterone formation in the testes, which makes it more difficult to have a top-notch erection," says McCarthy. This means that when your guy is under the influence, he's probably not going to get hard enough for you to get yours. And that's totally unacceptable. So make sure that neither of you has had more than two drinks before getting busy. Or better yet, be stone-cold sober.

HEADS-UP
Prevent condom-induced shrinkage by making sure the guy is rock-hard before you roll on the glove.
SOURCE: STEVEN LAMM, MD

Do It on Empty

If there's ever a time that a man's performance is sure to disappoint you, it's when he's in a food coma. "After a large meal, the blood he needs to produce an erection goes to his stomach to help digest the food," says Dr. Lamm. And if he chowed down at a fast-food joint, it packs a double wang-waning whammy. "When there are a lot of extra fats circulating, it stuns the cells in the body that are responsible for redirecting the flow of blood to the penis, so an erection isn't going to form easily," explains Dr. Lamm. Instead, pounce on him after a very light meal.

Seize His Second Wind

Now that you know how to make him Superman-strong, consider this nugget about increasing his stamina for a bonus round. The secret is to seduce him one hour after you've already had sex. According to Dr. Lamm, those 60 minutes are known as the refractory period—aka the amount of time it takes a man's penis to recover fully after ejaculation. "Doctors have discovered that after an hour's worth of rest, men will last longer during the second round of sex than they will during the first," says Dr. Lamm. Hurrah for refractory periods. ■

Who said crime doesn't pay?

25 Kinky Things to Do With Your Undies

On a scale of one to naughty, these hot alternatives to just wearing your skivvies score off the chart. Try them and make his jaw unhinge.

BY ANNIE DALY

ERIC RAY DAVIDSON. Fashion editor: Charles Manning. Hair: Anja Grassegger for L'Oréal Professionnel at Factory Downtown. Makeup: Natasha Smee at The Wall Group. Manicure: Yuko Wada for Mark Edward Inc. Prop stylist: Courtnay Cain Saunders. Boxer briefs: Polo Ralph Lauren. Panties (around wrist): Intimo.

1 Sport a little white lacy pair, and then hop in the shower with your guy. It's like a wet-tee-shirt contest… only it's down there. And there's no tee shirt.

2 When you're at the bar, take off your thong and slip it into his hand.

3 Snap a pic of your hottest lingerie, and text it to him with the message "Can't wait to get these off tonight."

4 Run a pair under hot water, then wrap it around his shaft and squeeze. The heat helps increase his blood flow down there, making him rock-hard and explosion-ready.

5 Use your underwear as a scrunchie.

6 Do the handcuff: Use your skivvies to tie his hands behind his back (one hand goes in each hole), and then go down on him. The sexy-cop thing really never gets old.

7 Leave your underwear on while he's touching you during foreplay. Friction, baby, friction.

8 Make a dirty bracelet: Grab a lacy thong, and wrap it around your wrist a few times.

9 Put a slinky thong over your fingers, gently circle them around his tip, and let him savor the silky way.

10 Keep your underwear on during sex—just push it aside. The immediacy makes it a horndog's heaven, like you simply can't wait to have him.

11 Hide a tiny thong in the pocket of his suit pants. He'll find it while he's at work (just hope it's not when he's in front of his boss) and think of you All. Day. Long.

12 Be a down-south dominatrix… with yourself. Touch your lady parts through your underwear in front of him. Guys will never pass up a good show.

13 Clean your place in your skivvies—bust out a broom, a dustpan…go huge. He'll want to sweep you straight into the sack.

14 Two words: edible underwear. It exists. Wear a pair and let him devour it.

15 Or go DIY: Make a pair with whipped cream, then let him lick it off you. For a lusty topping, eat cherries together after the act.

16 Cut a hole in them, and have sex through the opening. Peep shows = so insanely hot.

17 "Accidentally" leave a skimpy pair in *his* underwear drawer. The surprise will be extra sexy since it's unexpected.

18 Sit on top of him with your undies on, and slowly grind in a circular motion. Hold out for as long as possible—the anticipation will kill him—then 86 your skivvies and get it on.

19 Have him head down there and breathe on you over your undies. The warm air will feel *ahhh*mazing.

20 Call it the gunslinger: Slide off your underwear, twirl it around your pointer finger, and shoot it like a rubber band right at him.

21 Put your undies over his eyes, blindfold-style. Restricting his vision intensifies his other senses, so he'll be more horny (if that's even possible).

22 Have him place his ankles in the holes of your underwear, almost like you're tying his feet together. He'll feel dominated—aka massively turned on.

23 Cook him breakfast wearing only your boy shorts. Men get majorly hot when they see just a hint of your butt cheeks…and while you're holding a spatula? Yum.

24 Strut your stuff wearing nothing but your girliest lingerie and a pair of ferosh boots. The sweet-sultry combo is insanely sexy.

25 Wear neon underwear. It's just plain awesome. ■

TELL US WHICH PROVOCATIVE PANTIE TRICK YOU TRIED by tweeting us @CosmoOnline with the hash tag #CosmoUnderwear Challenge.

The Truth That Super-Happy Couples Know

Life can feel perfect when you and your guy are stretched out under a palm tree. But new research has found that simply *acting* like you're on vacay can also be blissful and bonding. So swap in some of these ideas—coconut bra optional.

BY KORIN MILLER

They like to pretend their tub is a swim-up tiki bar.

CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Anthony Nader at Atelier Management for Redken. Makeup: Courtney Perkins using MAC. Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Robert Sumrell for Walter Schupfer Management.

After you've been with your guy for a while, it's natural to settle into a groove—curling up with a Netflix movie, heading to your regular brunch place, grabbing weekly dinner with a favorite couple. Those little habits are comfortable, easy…and a potential threat to happiness. A recent study from the University of Winnipeg determined that boredom is the number one problem facing long-term relationships. It may seem minor compared to issues like cheating and lying, but experts say feeling restless is often what tempts people to stray or causes love to fade in the first place.

That's why the findings in the book *Marriage Confidential*, by Pamela Haag, PhD, are so intriguing. She looked into what makes couples happy or unhappy and discovered a fascinating pattern that the best duos share: They live like they're always on vacation with each other. "Vacation is a state of mind," Haag explains. "When we're on it, we pay more attention to each other, and we're forced to do new, invigorating things. The whole point is to have fun."

Of course, this doesn't mean that you should hop on a plane to Cancún whenever you feel a twinge of boredom. Rather, it's about the ability to hone that relaxed, open-minded, excited attitude you have when you're miles away from home and incorporate it into your regular life together. So we consulted experts for advice about how to vacationize those everyday moments.

Instead of…
Doing dinner with your guy on Saturday then meeting up with friends,
Try…
Spending the whole night with only him (and turning off your phones).

Here's Why
When you're on a holiday, you enjoy long stretches of time having fun with each other. Whereas in real life, you're more likely to have brief, low-key dates with your guy (movies, a casual dinner) and save those big nights out for when you're with a group. But occasionally, go balls to the wall without anyone else in the mix—get all dressed up, go dancing, and stay out late. Switching off your phones reinforces that you have each other's undivided attention.

Instead of…
Hitting the gym separately,
Try…
Learning a sport together, like Budokon or wall climbing.

Here's Why
Vacation is prime time for sampling new activities. And since breaking out of your comfort zone and physical exercise are two of the best ways to release the feel-good chemicals oxytocin and serotonin, you'll feel ultraconnected after doing so. Ditch the elliptical once a week for something more exciting that you can do as a couple—Budokon (a yoga–martial arts combo that's popping up at gyms across the country) and wall climbing both stress communication skills in addition to toning your bod.

Instead of…
Recapping work gossip when you get home at the end of the day,
Try…
Talking about an article you read.

Here's Why
After hanging 24/7 with him on vacay, you inevitably delve into meatier topics than the usual "How was your day?" rehash. It's those substantial convos—about where you want to be in a few years or what's going on in the world—that let you see sides of each other you didn't know about, drawing you closer. Amp up your conversations on a regular basis by filling in your guy on the most intriguing thing that sparked your interest that day, from cool news about relationships (*ahem*) to the out-of-control presidential campaign.

Instead of…
Having a glass of wine and making dinner with whatever's in the fridge,
Try…
Whipping up tropical cocktails before concocting an exotic meal.

Here's Why
Indulging in a fruity drink instantly puts you in the holiday frame of mind. Since you probably order a mai tai only when surrounded by calypso music and tiki torches, the taste will remind you of being out of town. Another cool part of vacation is being exposed to adventurous cuisines, so cook dinner based on the Travel Channel's *No Reservations*. Go online to see what place is being featured next, Google local recipes, and make something while watching the show and learning about the culture.

Instead of…
Rushing through foreplay to get to the main event,
Try…
Taking your time leading up to sex and lounging in bed together after.

Here's Why
The reason vacation sex is so orgasmic: You are relaxed and have nowhere you need to be. As a result, it is easier to stay in the moment and allows you to get ultra worked up before the main event. During the day-to-day, it's tempting to skimp on the bells and whistles because you're so busy, but just 10 extra minutes spent giving naked massages and priming with some oral will make sex super explosive. And don't hop up immediately to get dressed; lie in each other's arms for a little while.

Instead of…
Heading to your go-to brunch spot,
Try…
Checking out the place all the way across town.

Here's Why
One of the most fun things about a holiday is exploring a new location together, so re-create that sense of discovery on a regular basis. Scope out a neighborhood you haven't been to before, and take more day trips, whether to a nearby town or a great hiking trail. If a friend is going away, offer to stay at her place and dog-sit—even if she lives only five minutes from you, sleeping in an unfamiliar bed, watching TV on someone else's couch, and getting coffee at a different Starbucks will make you feel like you're escaping real life.

SOURCES: BARTON GOLDSMITH, PHD, AUTHOR OF *EMOTIONAL FITNESS FOR INTIMACY*; PAMELA HAAG, PHD; DANIEL ROSIN, PHD, AUTHOR OF *FINDING BALANCE*

For Keeps

Clean laundry can spark dirty fights.

How to Handle That "I Do *Everything!*" Feeling

Every month, author and journalist Kristina Grish contemplates the sweet, surprising, and often totally confusing world of marriage.

Recently, my husband, Scott, and I shared a table with two cool-looking strangers at a local beer garden. After a few cold ones, I felt ballsy enough to initiate a conversation with them that ultimately led to our making plans to meet up another time for a double date.

Coming home, Scott was psyched that we'd met a fun, new couple in our sleepy town, but instead of sharing this happy moment with him, I felt annoyed. I mean, let's recap: *I* was the one who reached out to them, and he wasn't giving me any credit for my killer social skills. As I silently stewed, I had another unsavory thought: *When did I become such a needy buzzkill?*

Boys Can Be Blind

A few days later, it hit me—I was pissed that Scott didn't acknowledge my role in making new friends because his "Thanks, babe!"s have been dwindling since we got married. "This is a big problem for wives," says Ann Dunnewold, PhD, a psychologist in Dallas. She says women often spearhead chores and, *ahem*, social activities that their husbands benefit from and then wonder why they feel taken for granted when their extra efforts aren't praised.

I find it mildly comforting that, according to therapist Lesli Doares, author of *Blueprint for a Lasting Marriage*, Scott isn't an ungrateful bastard—his behavior is typical for a husband. He may not realize how much I tackle since he sees only the end result (I swear he thinks fairies carry his empty glasses to the sink). It's partly my fault: By taking on so much without making a big deal about it, Doares says, I've caused Scott's expectations to skyrocket. He doesn't think to thank me because it's just what I do.

Getting Some Gratitude

Doares believes the main reason Scott and I aren't on the same page is because our recent move to a new house brought different responsibilities, which I've picked up…and felt bitchy about ever since. She says every time there's a major shift in a marriage like that, couples should talk about what needs to be done and who will do it. She suggests re-divvying up tasks according to the ones we hate and could take or leave. And if I hand over some of my duties to Scott, I can't be a perfectionist about them.

Even better, she's says it's okay to ask for recognition if Scott doesn't offer it. Dunnewold suggests saying "It would mean a lot to me for you to say thanks for [insert task here]." I should also lead by example, complimenting Scott on big and small gestures. Most important, I should never put off doing stuff to teach him a lesson—even though it's *so* tempting—or just suck it up, since both will make me resentful.

I bring up chore redistribution to Scott, and after some negotiating, he agrees to handle laundry and paying our bills. He also explains the real reason he lets me take the lead so often: "I married you because you make up for my shortcomings." *Aww.* He can be so sweet sometimes. Too bad it won't get him out of washing our whites. ■

Stockbyte/Getty Images

They say women marry men like their father. While I love my daddy dearly, when I get engaged, I hope to avoid heavy metal — with a palladium engagement ring. Palladium is the lightweight, naturally white and pure precious metal that doesn't weigh you down. Although, I do feel a bit bad for the bloke who has to ask the so-called Prince of Darkness for his daughter's hand in marriage.
Kelly Osbourne
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Sex Q+A

In-depth responses to questions you could only ask Cosmo

Q. I always feel like I have to pee when sex gets really intense, and it distracts me from enjoying the moment. Is that normal?

A. Yes. That sensation, even though it's kind of annoying, means that your man is hitting your G-spot…and that you're on the brink of one hell of an orgasm. You'll feel that initial urge to pee for only the first 10 seconds or so (it subsides once the G-spot is fully swollen). And although you won't actually urinate, it may help ease your mind if you go to the bathroom before having sex—just so that you know for sure it's not a possibility.

If you still find those first few seconds to be uncomfortable, try distracting yourself. Put your guy's hand on another sensitive part of your body, like your breasts, so you can concentrate on those feel-good sensations. Or try playing with your clitoris—not only will that help take your mind off things, it will also up your odds that you experience the ultrapowerful (and pleasurable) blended orgasm—which is when you climax from both your G-spot *and* your C-spot.

Q. Why does my guy have lots of semen on some days but not a lot on other days? The consistency changes too—sometimes it's really thick, and other times it's more liquidy. What causes these variations, and could it be anything I'm doing during sex?

A. Nope, it has nothing to do with you. The amount that a guy ejaculates depends on how often he got off in the previous 24 hours, and the volume decreases with every emission. On the other hand, if it's been a while for him, that will cause a buildup of semen, and you'll notice that he has more ejaculate than usual.

When it comes to the consistency of his semen, it's completely normal for that to vary as well, along with its color, odor, and taste. Those qualities will change based on a variety of factors—what he ate that day, how hot or cold it is in the room at the time, his stress level, etc. The bottom line: It has nothing to do with you or your sex skills.

Q. I want to try 69. Any tips?

A. First, figure out which variety of 69 feels best for you, since there are a few different ways to do this move: He can be on top, both of you can lie on your side, or you can get on all fours over his body while he lies on his back. One variation isn't better than another, so go with whichever feels most natural for you and your partner.

Next, remember that it's okay to take turns pleasuring each other; in this position, it can be tough to multitask doing stuff to your guy and climaxing at the same time. You might want to try just sucking on his balls or licking his penis as he's going down on you…or have him lick and kiss your clitoris now and then as you're going down on him. That way, you'll still get the thrill of being in the 69 position, but you'll both be able to focus—and enjoy—your own orgasms.

Q. I'm dating a guy who is a jackhammer in bed. What's the best way to get him to slow down?

A. Try a position where you're in charge of the pace, like cowgirl. Show him how much it turns you on to go a bit slower and softer—when he hears you say "It feels so good when we do it like this" and sees your face in pleasure mode, he'll likely take note so he can make you feel that way when he's the one in control.

If he continues to go at it like a jackrabbit, give him a more physical reminder that you prefer things at a different pace. Put your hands on his hips, and move them so he's at a slower rhythm. Still no luck? You're going to need to be more direct. Wait until you're done to explain that while you love having sex with him, it hurts you when he thrusts so hard. Any guy who's worth being with will change his MO after that.

MEET THE SEX DOC
Yvonne K. Fulbright, PhD, is a certified sex educator and relationship expert. She's the author of several books, including *Sultry Sex Talk to Seduce Any Lover: Lust-Inducing Lingo and Titillating Tactics for Maximizing Your Pleasure.*

E-mail us your most intimate sex questions. SEXQANDA@HEARST.COM

CHRIS CLINTON. (Fulbright) courtesy of subject.

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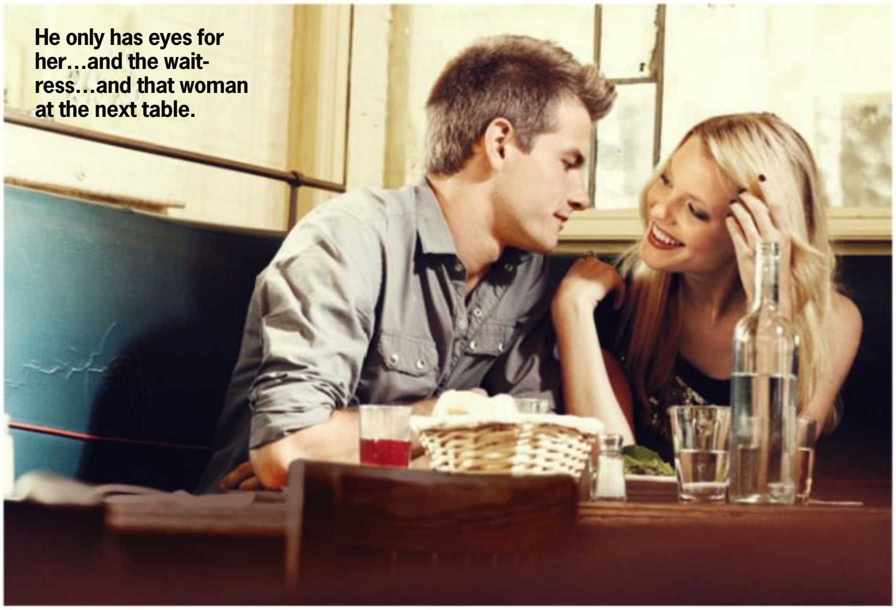

He only has eyes for her…and the waitress…and that woman at the next table.

Q. I've been dating a guy for five months, and he just let it slip that he slept with a girl a few months after we met. I always thought a relationship is exclusive after you've had sex a couple of times—is that not what guys think?

A. Generally, no. Most guys think it's okay to sleep with other women until they specifically agree to stop. That's why it's so important to have the exclusivity conversation. If you don't, he's likely either to be oblivious to what you're thinking or take advantage of the fact that it's not cheating since he never said he'd be exclusive.

When you bring up the topic is your call; it could be after sleeping together a couple of times, 10 times, or zero times, because you don't want to have sex if he's hooking up with others. Just have the conversation outside the bedroom, and make it a discussion, not an ultimatum. Try, "I'd like us to stop seeing other people. How do you feel about that?" If he isn't on the same page, it doesn't necessarily mean he never will be. A guy who has no interest in a serious relationship with you would probably break things off at this point to avoid messiness. If he doesn't, he may just need a few days to figure out his own feelings…and end things with other women.

Our Cosmo for Guys App lets your man Ask Her Anything.

Q. My boyfriend wants to have sex all the time. Even if I tell him no, I end up waking up to him humping my leg. How do I let him know what a turn-off that is?

A. I'm no scientist, but I think there are two reasons why he constantly wants to have sex with you: One, he is a dude. Two, he thinks you're hot. These are both good things, so the challenge is to come to a compromise without acting as though he's doing something wrong.

In the middle of the night, a subtle knee jerk to push him off you will do the trick. But you also have to discuss it in the a.m., because if you repeatedly reject him in the hopes that he'll eventually get the message, you'll both end up frustrated. Say something like, "I love having sex with you, but when I'm sleepy, I don't feel sexy."

And since he's clearly into spur-of-the-moment sex, try initiating the occasional spontaneous hookup—when you're actually, you know, conscious. Once in a while, attack him as soon as he comes through the door or pull him into a dark corner of a bar and

Q. I want my guy to be adventurous in bed, but he doesn't have quite as much experience as I do. How do I convince him to try something new without scaring him off?

A. Unless it involves granny panties, his boss, and/or a Robert Pattinson mask, I doubt you'll scare him. That said, he may feel intimidated since he knows you know he's not experienced. So the trick to suggesting a new idea is to make it seem as though you're discovering it together. An easy way to do that? During a sexy show, like *True Blood*, say, "That's kind of hot—maybe we should try that." You may want to test the waters with a tame move, such as his pinning your wrists. But I bet seeing how excited you are by the thought of it is all the convincing he'll need.

CHRIS CLINTON (2)

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Ask Him Anything

"My boyfriend is holding off on proposing until he gets his life together. But how long should I wait?"

make out. He'll be psyched…and you won't lose any more sleep.

Q. I've been dating my boyfriend for more than a year, and whenever I bring up marriage, he says he's not where he wants to be in his life yet. How long should I be prepared to wait for him to get it together?

A. One more year…or a couple of months…or maybe forever? It's tough to say since *he* may not yet know. Or he may know you won't like the answer and is deliberately being ambiguous. Sometimes, when guys say they're not where they want to be in their lives, they mean they're not sure they're with the *person* they want to be with for the rest of their lives. Another factor is his age. If he's only in his early or mid-20s, he might just be too young to be thinking about marriage.

Regardless, it's important to make sure that you're on the same page when it comes to committing to each other. And the best way to do that is to explain clearly what you want. Say something like, "Neither of us wants to keep having the engagement conversation, which is why I think we should lay all our cards on the table, so we can relax about it." Reassure him that getting married doesn't necessarily mean that you'd want kids right away or he'd need to be the sole provider for a family if you did have one.

Also, ask him if being "where he wants to be in his life" involves specific goals, like, say, owning a home or making a certain amount of money. If it does, talk about how you can achieve them together. If he's still vague, it may mean he's far away from taking that next step. So give him an honest assessment of how long you'd be willing to wait. If he says he doesn't see it happening in that amount of time, then you have a tough decision to make.

Q. My man went to guys' night at his buddy's house. When I called to say hi, I heard a female voice. I asked about it, and he said it was just guys. Later, he called to say he was coming home because a girl started undressing in the room he crashed in! I feel betrayed—why did he lie?

FIND OUT THE TRUTH

A. There are two possibilities why he would lie: The more innocent reason is that he went to his friend's place assuming it would be just guys and didn't want to piss you off by letting you know some people brought girls. The fishier explanation is that he knew all along that chicks would be there and was trying to keep it from you…until things got out of hand.

To figure out which it is, you need more info about what happened and why. Tell him, "That night was really upsetting. I don't want to talk about it forever, but I have to get a few things straight before I can move on." Ask him why he felt compelled to lie about a girl being there and about anything else you'd like cleared up. Then listen to your gut. If you are satisfied with his response and believe him, great.

If he says he lied because he knew you'd be angry that women showed up, then you need to have a discussion about how the lie undermined your trust far more than if he'd just come clean. And if your instincts tell you that he's still not being truthful, you have bigger issues to worry about than why he told the original lie in the first place. ■

Send us your guy-related dilemma. ASKHIMANYTHING@HEARST.COM

"I like to arm myself with
cocktail bling."
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new
winter
collection
2011
brooch the subject
bangle jangle
school of hard rocks
size matters
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COSMO's Don't Fake It Day

We knew we had to take action when 86 percent of you admitted in a poll that you've faked an orgasm. To help, we've teamed up with 20 editions of Cosmo from around the world to make November 4 Cosmo's International Don't Fake It Day. That Friday, we want you to stop pretending, and either have that oh-hell-yeah climax you deserve…or be one hundred percent honest with your guy about why it isn't happening. We'll supply orgasm tricks and give you the chance to brag about your genuine Os on Twitter. It's going to be a climactic day, and we'd love you to be a part of it.

How to Join In

GET CRUCIAL ADVICE ON COSMOPOLITAN.COM

We'll be updating our site with articles that'll help you climax. Plus, sign our pledge that you won't fake it!

ANNOUNCE YOUR BIG O ON TWITTER

Go all the way on November 4, then announce your orgasm by tweeting #CosmoDontFakeItDay.

TELL FRIENDS ON FACEBOOK

Post our FB badge on your wall to let everyone know you took part in Cosmo's International Don't Fake It Day.

HIT YOUR PEAK FOR REAL

1 Experiment solo to find moves that work for you. Masturbation is key to pinpointing the strokes that take you over the edge. Experiment with different types of touches around your clitoris: Try rubbing it directly, or put a finger on either side and move them up and down (see cosmopolitan.com for more tips). When you discover a touch that tingles, keep it up until you feel the sexual tension building.

2 Incorporate those techniques in bed with him. A majority of women can't have an orgasm solely through penetration. So choose positions that allow you to reach your clitoris comfortably. Doggie-style is great because it lets him control the rhythm while you reach between your legs. Or get into girl-on-top and teach him to mimic the manual motions you like.

3 Blast through mental roadblocks. It can take a while to sync up with a new guy (or one you've been faking it with)—you're nervous about your moves and wondering what's going through his mind. But to have an orgasm, you need to be worry-free. The trick to achieving that: Trust that watching you enjoy yourself is the biggest turn-on of all for him, and then concentrate on each sexy sensation as it washes over you.

SOURCE: GLORIA G. BRAME, PHD, COAUTHOR OF *THE TRUTH ABOUT SEX*

THE TRUTH ABOUT FAKING IT

From how many of you have done it to the hidden reasons behind your peak performance, here's what we uncovered via our cosmopolitan.com survey.

86% of women have faked an orgasm.

49% say it bothers them to fake it but they don't know what else to do.

79% don't think their partner knows they fake it.

90% say they have no intention of telling their partner they fake it.

54% say they fake it because they can tell it's not going to happen and just want their partner to finish up.

CHRIS CLINTON

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The Hot, Sweet Men of Cosmo's 2011 Bachelor Contest

LET US KNOW WHICH GUY YOU CONSIDER THE MOST DATEABLE by tweeting us @CosmoOnline with the hash tag #TheHottest CosmoBachelorIs.

NEVADA, LAS VEGAS

• • •

Hunter Smit, 24
Bartender
NVbachelor11@gmail.com

PERSONALITY PROFILE: "I'm outgoing, spontaneous, and active."
CELEB CRUSH: "Jessica Biel"
CHICK FEATURE HE NOTICES FIRST: "Her smile, even if it's a goofy smile"
HEAD-TURNING GIRL GEAR: "A tank top and a tight pair of jeans"
DO YOU FACEBOOK OR GOOGLE A WOMAN YOU'RE INTO? "Yes, all the time!"
COMPLIMENT HE CRAVES: "I like being reminded that I'm a gentleman. Chivalry is important to me."
PREFERRED GIRL GROOMING STYLE: "As long as it doesn't resemble the Amazon jungle, I'm happy."
WHAT HE LOVES ABOUT THE LADIES: "The fact that they are puzzling, like Rubik's cubes. Just when you think you've figured a girl out, you make one wrong move and have to start all over again."

Just when you thought they couldn't get any better, we proudly present another crop of single guys from across the country (including one tasty set of twins). Check out their ripped bods, magnetic smiles, and *aww*-worthy personalities, then send your favorite an e-mail.

PHOTOGRAPHS BY CHRIS CLINTON

Fashion editor: Charles Manning. Hair (Los Angeles): Stephanie Hobgood for Exclusive Artists/Redken; (New York) Kayla Michele. Makeup (Los Angeles): Samantha Trinh; (New York) Jen Myles at Workgroup for Dior. Swim trunks: Gap.

Equissisit esed min hent er irit acin vulputem do consectem quatue

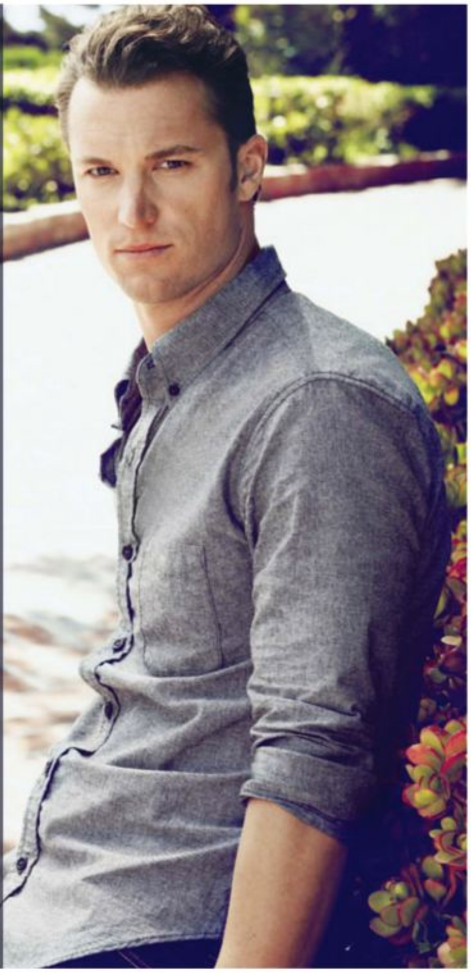
MICHIGAN, EAST LANSING

• • •

Anthony Greenfield, 26
Hospitality-business student
MIbachelor11@gmail.com

IN HIS OWN WORDS: "I'm charming, witty, and sensitive."
SPARE-TIME STUFF: "I do yoga. It's good for the body, but it's also taught me to slow down and take things one day at a time."
NOW PLAYING ON HIS IPOD: "Kid Cudi and Kanye"
CELEB CRUSH: "Amanda Bynes"
BODY PARTS HE NOTICES FIRST: "Her eyes and smile; they draw me in and captivate me."
HOTTEST GIRL GEAR: "A long, flowy dress"
AWESOME FIRST DATE: "Meeting up at a coffee shop and having a good conversation"
OLD-SCHOOL ETIQUETTE: "Guys should do the asking out and always pay the bill."
TOP TURN-OFF: "Smoking"
DO YOU MANSCAPE? "Definitely—especially if I think I'm going to get lucky!"
WHAT WOMEN NEED TO KNOW: "Men may come off as cold or hardened, but I think we just show our emotions differently."

Shirt: Steven Alan



WISCONSIN, APPLETON

• • •

Aaron Shilt, 30
Field engineer
WIbachelor11@gmail.com

ACCORDING TO AARON: "I'm humorous, hard-working, and loyal."
GUILTY PLEASURE: "Cars. I have so many dream cars I'd like to own one day."
HOTTEST FEMALE BODY PART: "Legs. I love to see women in skirts!"
FIRST-DATE ETIQUETTE: "I think it's great for a girl to ask a guy out. It doesn't have to be formal; 'Let's get drinks sometime' would work on me."
SWEET SPOT: "My upper thighs"
SEX ON THE FIRST DATE: SEXY OR SKANKY? "Skanky"
TOP TURN-OFF: "If she talks about her exes"
DO YOU MANSCAPE? "Yeah, when it's necessary."
WHAT WOMEN NEED TO KNOW: "You might not believe this, but men are more sensitive than you think."

UTAH, SALT LAKE CITY

• • •

Chris Thompson, 25
Retail manager
UTbachelor11@gmail.com

IN THE WORDS OF HIS COWORKER WHO NOMINATED HIM: "Chris is the sweetest guy ever! He loves to laugh and smile and looks so hot when he's doing it."
CHRIS SAYS: "I'm laid-back, sincere, and adventurous."
AWESOME FIRST DATE: "I'd take her hiking or rock climbing, so we could get to know each other being active."
TOUCH HIM HERE: "Inside my forearm—I really like a little tickle there."
HOTTEST SEXT A GIRL COULD SEND: "After a date, tell me you're now lying in bed thinking of me."
DATING DEAL BREAKER: "When a girl is on her cell while we're out"
GUY INSIGHT: "If you like a guy, say so! It gives us confidence."

MASSACHUSETTS, BOSTON

• • •

Parker Cote, 24
Fitness model
MAbachelor11@gmail.com

IN THE WORDS OF HIS SISTER, WHO NOMINATED HIM: "Parker succeeds at whatever he sets out to do."
MEET PARKER: "I'm passionate and fun."
CATCH HIS EYE BY: "Showing your hair."
FAVORITE GIRL GEAR: "Headbands! They're so cute."
WHEN YOU ASK A GIRL OUT, DO YOU CALL OR TEXT? "I'm old-school, so I call."
KISS HIM HERE: "Around my neck"
WOULD YOU DATE A WOMAN YOUR FRIENDS DIDN'T LIKE? "Yes, if she made me happy."
SIGN THINGS ARE SERIOUS: "If I'm around other girls yet not interested in them"
DO YOU MANSCAPE? "Yes."
HOTTEST SEXT A WOMAN COULD SEND: "'I want you so badly…tonight.'"

WEST VIRGINIA, CHESAPEAKE

• • •

Ryan Dorsey, 27
Actor
WVbachelor2011@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "If you are having a bad day, being with Ryan will turn your mood around."
BACHELOR BREAKDOWN: "I'm compassionate and driven."
WOW HIM BY WEARING: "Leggings or tights."
DO YOU FACEBOOK A WOMAN BEFORE A FIRST DATE? "I try not to! I don't want to find out something that might not even be true."
COMPLIMENT HE CRAVES: "'You're so thoughtful.'"
PREFERRED GIRL GROOMING STYLE: "Brazilian"
LISTEN UP, LADIES: "I'd love it if a girl asked me out or made the first hookup move."
BIGGEST RELATIONSHIP FEAR: "Breaking a girl's heart or having mine broken by her"

(Top to bottom, from left) shirt: Crate; jeans: Hudson Jeans; shirt: Steven Alan; jeans: Abercrombie & Fitch; shirt: Alternative Apparel; jeans: Won Hundred.

NORTH CAROLINA, WILMINGTON

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Micah Tootoo, 21
Student/surfing instructor
NCbachelor11@gmail.com

IN THE WORDS OF HIS EX, WHO NOMINATED HIM: "Micah always puts others first, and he cares about making people happy." **BACHELOR BREAKDOWN:** "I'm determined and passionate." **CAN'T LIVE WITHOUT:** "My black lab, Miley." **CELEB CRUSH:** "Naya Rivera. I like a girl who can sing!" **CAN A HOOKUP TURN INTO A RELATIONSHIP?** "Definitely." **COMPLIMENT HE CRAVES:** "Say that your parents will love me." **GIRLS GOING COMMANDO: SEXY OR SKANKY?** "Sexy" **WHAT WOMEN NEED TO KNOW:** "Not all guys have the career thing figured out. Have confidence that we're working on finding a path to pursue."

KANSAS, WICHITA

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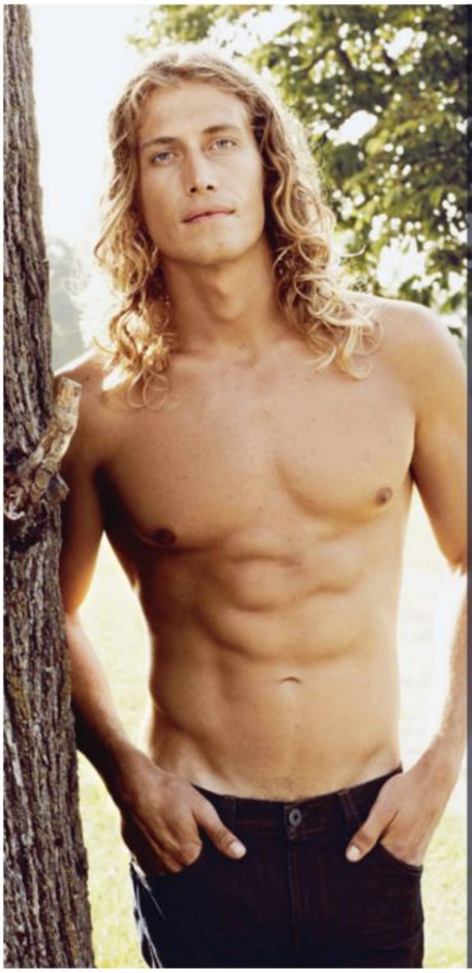
Manny Thompson, 22
Professional boxer
KSbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Manny is a clean-cut, ambitious alpha male who is very playful." **CELEB CRUSH:** "Scarlett Johansson" **SHOW HIM YOUR SOLE:** "Flip-flops always catch my eye." **DO YOU FACEBOOK A GIRL BEFORE A DATE?** "No, I'd rather get to know her when we meet and hang out." **CAN A HOOKUP TURN INTO A REAL RELATIONSHIP?** "Yes, if there's compatibility." **HOW HE KNOWS IT'S SERIOUS:** "When I don't think about being exclusive; it just naturally happens." **GUY INSIGHT:** "A lot of women think that men are only after sex, but for me, sex isn't what it's about."



IOWA, DES MOINES

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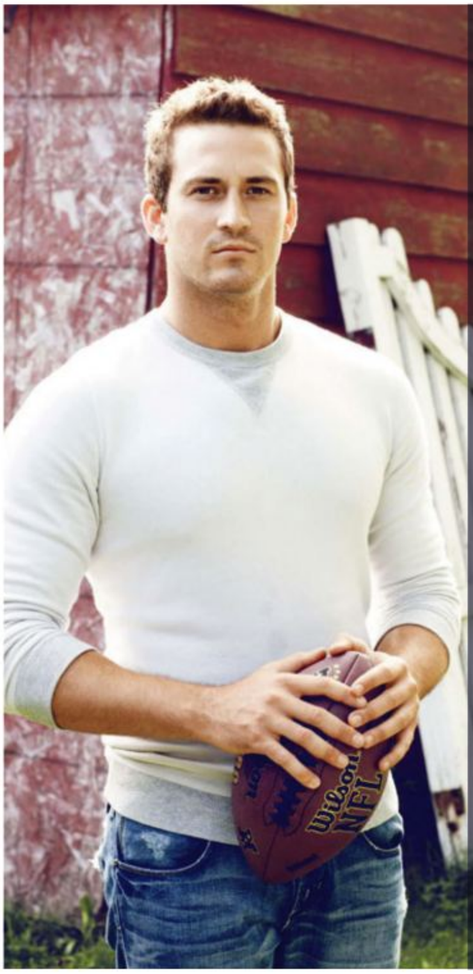
Adam Kenworthy, 26
Organic-fruit farmer
IAbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Adam is the sweetest guy—the type who'd send flowers to a girl he likes 'just because.'" **PERSONALITY PROFILE:** "I'm adventurous and spontaneous." **DO YOU FACEBOOK OR GOOGLE A GIRL YOU'RE INTO?** "Yes, but only if we don't have mutual friends who can tell me about her." **FAVORITE FEMALE BODY PARTS:** "I'm a legs and butt guy." **TOUCH HIM HERE:** "I love when a girl runs her hands in my hair." **HOTTEST SEXT A GIRL COULD SEND:** "'I reserve your body for tonight.'" **DO YOU MANSCAPE?** "I keep things trimmed." **WHAT WOMEN NEED TO KNOW:** "If you try to get a guy to change, it'll never work."



WYOMING, LARAMIE

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Tyler Beauchamp, 25
Marketing student
WYbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Tyler is trustworthy and respectful." **MEET TYLER:** "I'm funny, laid-back, and a really good dancer." **CHICK FEATURES HE NOTICES FIRST:** "Her eyes…then her butt!" **HOTTEST GIRL GEAR:** "A tight black dress" **SWEET SPOTS:** "My neck and lower jaw" **BIGGEST RELATIONSHIP FEAR:** "That I'll put in the effort to make it work, but she won't" **DATING DEAL BREAKER:** "If she turns out to be a mean girl" **WHAT WOMEN NEED TO KNOW:** "Even confident guys freak when they approach a girl." **HOTTEST SEXT A GIRL COULD SEND:** "A revealing swimsuit pic" **GIRLS GOING COMMANDO: SEXY OR SKANKY?** "Way sexy!"

(Top to bottom, from left) shirt: Splendid Mills; swim trunks: Orlebar Brown; jeans: J Brand; sweater: Life After Denim; sweater: ASOS; jeans: J Brand.

TENNESSEE, NASHVILLE

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Shane Scott, 23
Exercise-science student
TN2bachelor11@gmail.com

BACHELOR BREAKDOWN: "I'm fun loving, affectionate, and super athletic."
IN HIS DOWNTIME: "I spend time with my family. I'm very tight with my brother."
CHICK TRAIT HE CRAVES: "My girl has to have a good personality or else there's nothing to build a relationship on."
CELEB CRUSH: "Mila Kunis"
AWESOME FIRST DATE: "We'd go somewhere quiet to talk. I wouldn't want to do anything too active because it might not inspire us to feel honest."
BIGGEST RELATIONSHIP FEAR: "That she'll flirt with and text other guys behind my back"
DO YOU MANSCAPE? "I trim and shave down there once a week."
HOTTEST PLACE HE'S EVER GOTTEN IT ON: "In a houseboat"
A GIRL MAKING THE FIRST HOOKUP MOVE: SEXY OR SKANKY? "Sexy"
SEX ON A FIRST DATE: SEXY OR SKANKY? "Skanky"
DO YOU SEXT? "No, I'm just not comfortable with it."

TENNESSEE, NASHVILLE

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Aaron Scott, 23
Exercise-science student
TN1bachelor11@gmail.com

PERSONALITY PROFILE: "I'm athletic, genuine, and caring."
IN HIS DOWNTIME: "I like hanging with my family. I'm very tight with my brother."
CELEB CRUSH: "Hayden Panettiere"
FEMALE FEATURE HE NOTICES FIRST: "Her smile. It tells me if she's happy, which is attractive."
OLD-SCHOOL ETIQUETTE: "I think the guy should ask for a first date, not the other way around."
CAN A HOOKUP TURN INTO A RELATIONSHIP? "It's possible."
DATING DEAL BREAKER: "When a girl talks on and on or wants to get serious very quickly"
DREAM VACATION: "I'd love to take a woman to a beach resort."
BIGGEST RELATIONSHIP FEAR: "That I'll realize I settled down with someone who is wrong for me and not the best friend I want"
DO YOU MANSCAPE? "Of course."
GUY INSIGHT: "A lot of girls go overboard to make a relationship work. But if chemistry's not there, you can't invent it."

ALASKA, EAGLE RIVER

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Michael Wehr, 24
Civil-engineering student/heavy-equipment operator
AKbachelor11@gmail.com

MEET MICHAEL: "I am laid-back and competent, and I love living far from a city."
FEMALE BODY PART HE NOTICES FIRST: "Her face"
DO YOU GOOGLE A GIRL BEFORE GOING OUT WITH HER? "Yes, even before I consider dating her."
HOTTEST SEXT A WOMAN COULD SEND: "'I'm right around the corner, can I come over?' It's exciting to know a hookup is about to happen."
SWEET SPOT: "My forearms"
DO YOU MANSCAPE? "Yes, but not that often. Guys in Alaska barely shave!"
GUY INSIGHT: "Girls should take what men say at face value."
WHAT WIGS HIM OUT ABOUT LTRs: "That you need to keep sharing the same life goals. It's hard to maintain."

MINNESOTA, MINNEAPOLIS

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Rob Dinning, 25
Assembly-line utility worker
MNbachelor11@gmail.com

IN THE WORDS OF HIS BROTHER, WHO NOMINATED HIM: "When Robbie is around, you know you'll have a great time—he's positive and fun loving."
DREAM GIG: "I'm really into cooking and exploring restaurants. I'd love to have my own food show one day."
CLOTHES THAT CATCH HIS EYE: "Jeans or pants always look hot on a girl."
OLD-SCHOOL ETIQUETTE: "I'm more of a traditional kind of guy, so I prefer to be the one to initiate a date."
TOP TURN-OFF: "A bad attitude"
DO YOU MANSCAPE? "Definitely."
DOES EVERYONE HAVE A SOUL MATE? "Yes."
WHAT WOMEN NEED TO KNOW: "There are still good guys left out there—great guys, you could say."

PENNSYLVANIA, PITTSBURGH

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Hunter Gilstrap, 28
Pro soccer player for the Pittsburgh Riverhounds
PAbachelor11@gmail.com

IN HIS OWN WORDS: "I'm friendly, genuine, and a lot of fun to be around."
GOAL-ORIENTED GUY: "Soccer isn't just my career; being able to play regularly improves my mood."
FEMALE FEATURES HE NOTICES FIRST: "Height and build. I like tall girls."
SEDUCE HIM IN: "A sundress."
WOULD YOU DATE A WOMAN YOUR FRIENDS DIDN'T LIKE? "No, my friends are pretty good judges of character."
FIRST-DATE ETIQUETTE: "I always pay, but it's a huge plus if a girl offers."
TOUCH HIM HERE: "Along my rib cage"
DO YOU MANSCAPE? "Yeah, I like to keep everything manicured and under control."

(Top to bottom, from left) jeans: Hudson Jeans; jeans: Levi's; Michael Wehr photographed by Zak Melms/Celluloid Affair; Rob Dinning photographed by Julian Murray; Hunter Gilstrap photographed by Callie Alexander.

SOUTH DAKOTA, RAPID CITY

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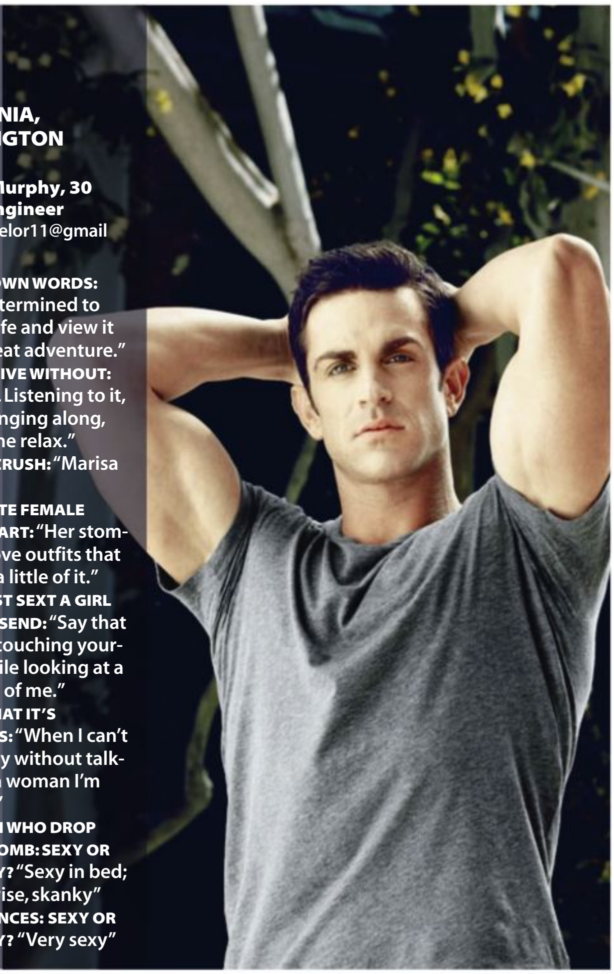
Cody Hicks, 21
Warehouse assistant manager
SDbachelor11@gmail.com

MEET CODY: "I'm funny, outgoing, and sometimes a bad boy."
SPARE-TIME STUFF: "I love going on hikes. I'm pretty outdoorsy."
CAN'T LIVE WITHOUT: "Twizzlers! They're so good."
WOW HIM BY WEARING: "Cutoff jeans, like Daisy Dukes. They're a big turn-on."
AWESOME FIRST DATE: "We'd go camping by a lake and sit around a campfire at night."
SWEET SPOT: "My neck"
DO YOU SEXT? "No, I'm old-timey when it comes to that."
COMPLIMENT HE CRAVES: "Tell me that you feel safe when you're with me."
DO YOU MANSCAPE? "Yeah. It's nice for the ladies."
DOES EVERYONE HAVE A SOUL MATE? "I definitely like to think so."



VIRGINIA, ARLINGTON

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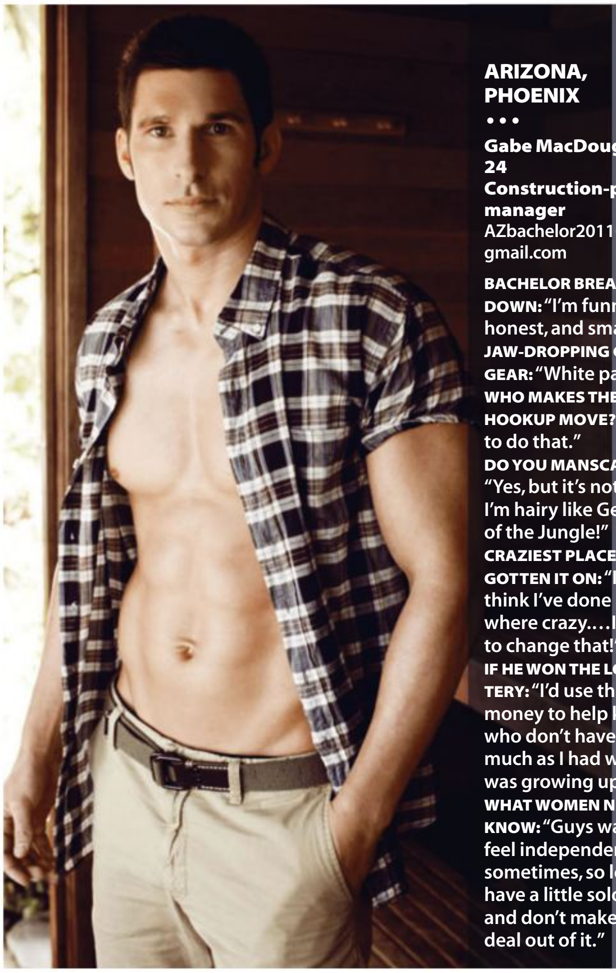
Ryan Murphy, 30
Civil engineer
VAbachelor11@gmail.com

IN HIS OWN WORDS: "I'm determined to enjoy life and view it as a great adventure."
CAN'T LIVE WITHOUT: "Music. Listening to it, even singing along, helps me relax."
CELEB CRUSH: "Marisa Miller"
FAVORITE FEMALE BODY PART: "Her stomach. I love outfits that reveal a little of it."
HOTTEST SEXT A GIRL COULD SEND: "Say that you're touching yourself while looking at a picture of me."
SIGN THAT IT'S SERIOUS: "When I can't go a day without talking to a woman I'm seeing"
WOMEN WHO DROP THE F BOMB: SEXY OR SKANKY? "Sexy in bed; otherwise, skanky"
LAP DANCES: SEXY OR SKANKY? "Very sexy"



ARIZONA, PHOENIX

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Gabe MacDougall, 24
Construction-project manager
AZbachelor2011@gmail.com

BACHELOR BREAKDOWN: "I'm funny, honest, and smart."
JAW-DROPPING GIRL GEAR: "White pants"
WHO MAKES THE FIRST HOOKUP MOVE? "I like to do that."
DO YOU MANSCAPE? "Yes, but it's not as if I'm hairy like George of the Jungle!"
CRAZIEST PLACE HE'S GOTTEN IT ON: "I don't think I've done it anywhere crazy.…I'd like to change that!"
IF HE WON THE LOTTERY: "I'd use the money to help kids who don't have as much as I had when I was growing up."
WHAT WOMEN NEED TO KNOW: "Guys want to feel independent sometimes, so let him have a little solo time and don't make a big deal out of it."

NEW JERSEY, WOODCLIFF LAKE

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Charles Princiotto, 23
Wealth manager
NJbachelor11@gmail.com

IN THE WORDS OF HIS SISTER, WHO NOMINATED HIM: "Charles is the quintessential guy's guy, but he has a sweet side too."
PERSONALITY PROFILE: "I'm enthusiastic. I wake up and live each day like it's my last."
HOTTEST GIRL GEAR: "A tank top. It's casual yet sexy. "
SNAG HIS ATTENTION BY: "Making eye contact with me from across a room. It gives me the confidence to approach you."
HOW HE KNOWS IT'S SERIOUS: "If I start to get jealous when she talks to another guy"
BIGGEST RELATIONSHIP FEAR: "Breaking a girl's heart if it turns out I don't think we're right for each other"
DOES EVERYONE HAVE A SOUL MATE? "Yes."

(Top to bottom, from left) sweater: B.D. Baggies; pants: Hudson Jeans; shirt: Gap; pants and belt: Uniqlo; shirt: LNA; sweater: Alternative Apparel; pants: J Brand.

MISSISSIPPI, OXFORD

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Will Belk, 23
Real-estate analyst
MSbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Will is the picture-perfect Southern gentleman with a true sense of adventure."
PERSONALITY PROFILE: "I'm sincere, outgoing, and softhearted."
IN HIS DOWNTIME: "I go hiking and canoeing. I never stay in and play video games."
CAN'T LIVE WITHOUT: "My pit bull, Levi."
CELEB CRUSH: "Jennifer Aniston"
WOW HIM BY WEARING: "A sexy but conservative dress that flatters your body."
DO YOU MANSCAPE? "Yes, I trim regularly."
SEX ON A FIRST DATE: SEXY OR SKANKY? "Skanky"
LAP DANCES: SEXY OR SKANKY? "Sexy"
GUY INSIGHT: "Men aren't perfect. Please cut us slack sometimes!"

IDAHO, BOISE

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Elias Kamplain, 22
Videographer
IDbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Elias would do anything for the people he loves. He'll make you laugh so hard, you'll ache."
MEET ELIAS: "I'm confident and caring. Also, it doesn't take a whole lot for me to find enjoyment in life."
AWESOME FIRST DATE: "We'd go dancing or do something else active and fun."
SWEET SPOT: "My ears, for sure"
DO YOU MANSCAPE? "Yes, as needed!"
WOMEN MAKING THE FIRST HOOKUP MOVE: SEXY OR SKANKY? "Sexy"
GIRLS DROPPING THE F BOMB: SEXY OR SKANKY? "Skanky"
WHAT WOMEN NEED TO KNOW: "Men want to feel respected and valued in a relationship. Of course, they have to earn that."

OREGON, McMINNVILLE

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Tal DeWitt, 23
Business/marketing grad
ORbachelor11@gmail.com

BACHELOR BREAKDOWN: "I'm genuine, energetic, and loyal."
SPARE-TIME STUFF: "I hang out with friends and family, play tennis, and enjoy art."
CELEB CRUSH: "Carrie Underwood"
OLD-SCHOOL ETIQUETTE: "I pay for the first date, and I like being the provider in a relationship."
EYE-CATCHING OUTFIT: "A business suit"
BIGGEST RELATIONSHIP FEAR: "Whether my friends and family will like the girl I'm into"
SEX ON A FIRST DATE: SEXY OR SKANKY? "Skanky"
TOP TURN-OFF: "When a woman is all drama"
HOTTEST SEXT A GIRL COULD SEND: "'I wish you were beside me.'"
BAFFLING CHICK BEHAVIOR: "Why do women change their mind so often?"

ARKANSAS, HARRISBURG

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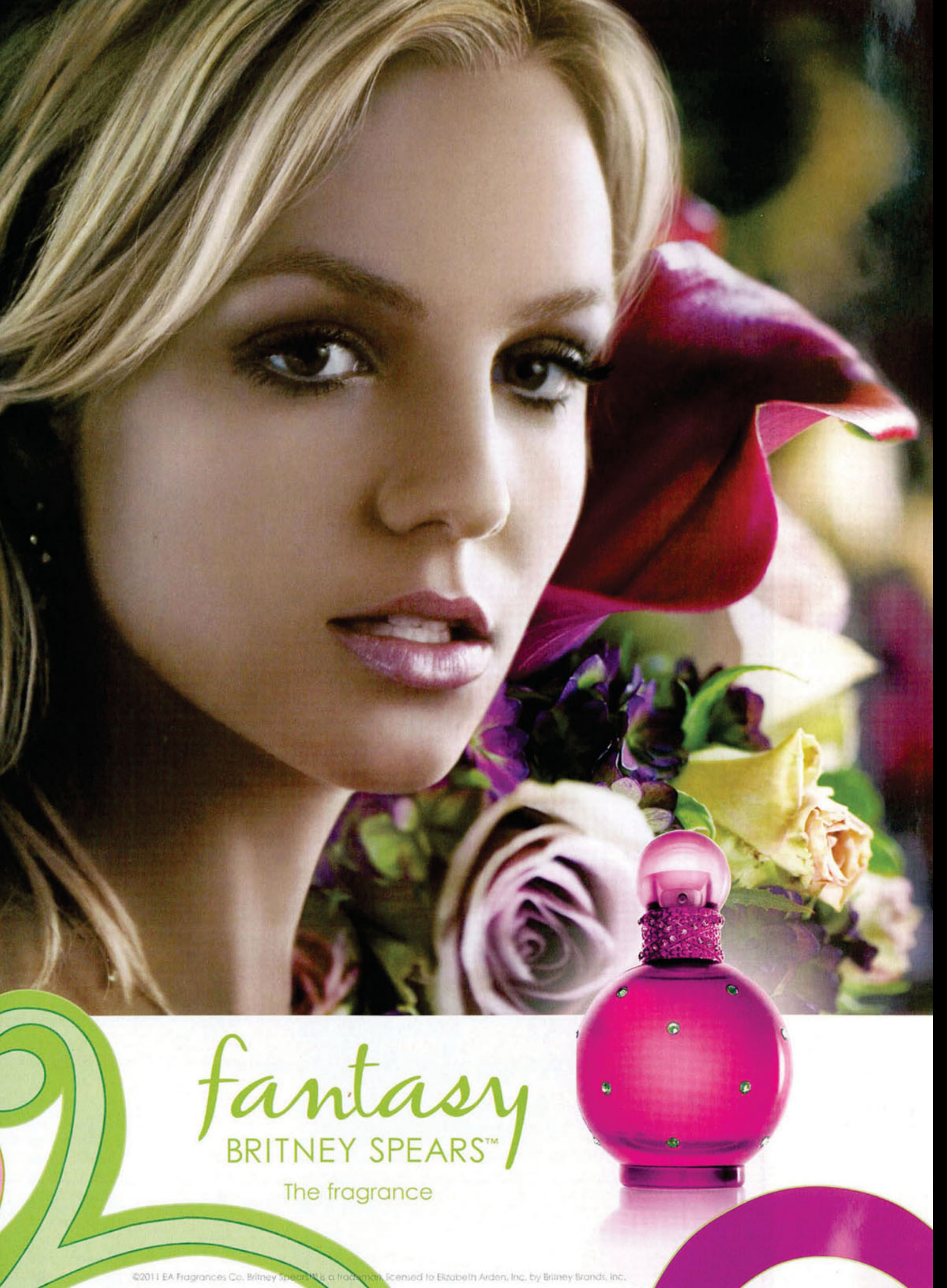
Kyle Wigginton, 25
Computer technician
ARbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Kyle is smart, friendly, and a blast to be around. He's someone you can always count on."
DO YOU FACEBOOK A GIRL BEFORE A DATE? "I do if I know nothing about her, but I never Facebook creep."
STYLE THAT SEDUCES HIM: "A backless shirt. A woman's back and shoulders are so sexy."
WOULD YOU DATE A GIRL YOUR FRIENDS DIDN'T LIKE? "Definitely. Their opinions matter, sure, but in the end, I'm not going to marry a friend."
HOTTEST SEXT A GIRL COULD SEND: "One that says she's taking a bath and thinking about me"
DATING DEAL BREAKER: "Girls who say the F word"
DO YOU MANSCAPE? "Yes, all the time!"

(Top to bottom, from left) sweater: Stüssy; pants: J Brand; shirt: Gap; jeans: J Brand; belt: American Eagle Outfitters; jeans: J Brand; shirt: Steven Alan; jeans: Nudie.



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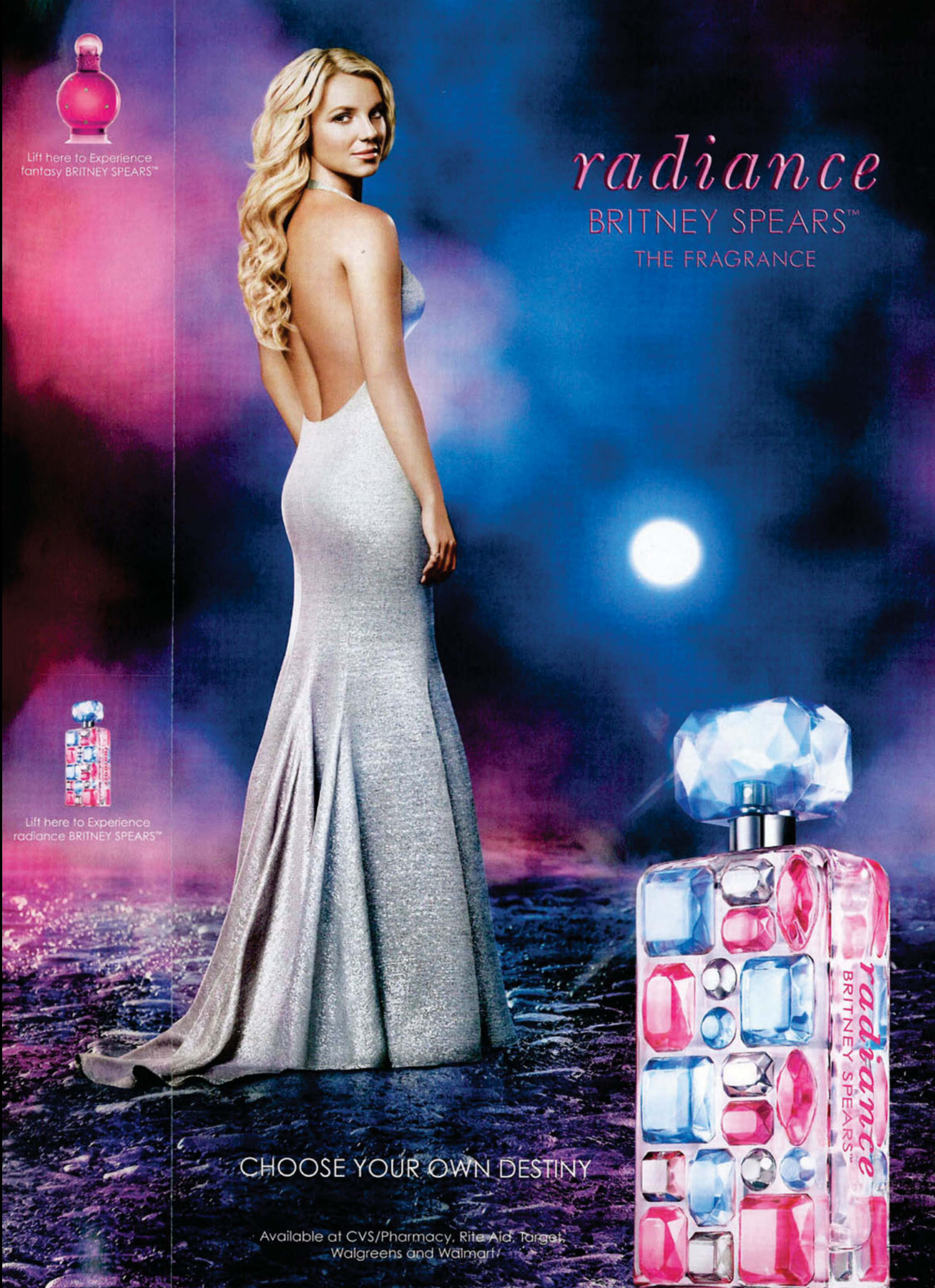
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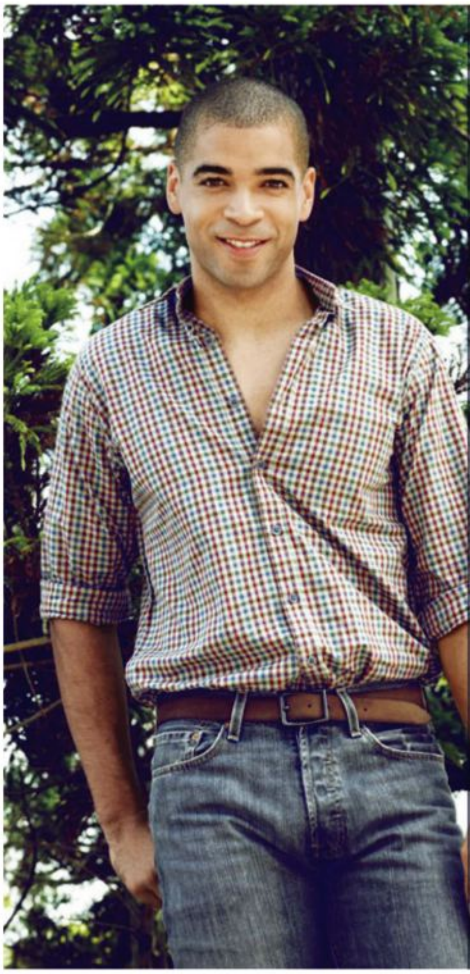

ILLINOIS, OAK PARK

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Aaron Stigger, 31
Web graphic designer
ILbachelor11@gmail.com

BACHELOR BREAKDOWN: "I'm goofy and random."
CELEB CRUSHES: "Halle Berry and Rosario Dawson"
DRAW HIS ATTENTION BY: "Being outgoing but not the crazy party type."
HEAD-TURNING GIRL GEAR: "Fitted jeans and a tank top"
WHEN YOU ASK A WOMAN OUT, DO YOU CALL OR TEXT? "I call. Texting isn't personal."
COMPLIMENT HE CRAVES: "Tell me I'm a good chef. I like cooking, and if a girl enjoyed what I made for her, it would mean a lot."
HOTTEST SEXT A GIRL COULD SEND: "Something detailing what she wants to do to me in bed"
DATING DEAL BREAKER: "If she's high-maintenance"

NEBRASKA, LINCOLN

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Tyler Wortman, 25
Engineering graduate student
NEbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Tyler's mysterious dark eyes attract the ladies, and his guy friends know he would go above and beyond for them."
MEET TYLER: "I'm athletic, laid-back, and intelligent."
CATCH HIS EYE BY: "Wearing anything that's revealing."
WHO PAYS FOR THE FIRST DATE? "The guy; it's the right thing."
PREFERRED GIRL GROOMING STYLE: "Brazilian, for sure"
TOP TURN-OFF: "When a girl can't make up her mind or doesn't know what she wants"
MOST DARING PLACE HE'S DONE IT: "While driving on the interstate. I hope my mom doesn't see this!"
DO YOU MANSCAPE? "Of course."

RHODE ISLAND, NEWPORT

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Collin Cunningham, 24
Yacht salesman
RIbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Collin is an all-American-surfer kind of guy. He's super laid-back and my sweetest guy friend."
ABOUT COLLIN: "I'm funny, energetic, and passionate."
CELEB CRUSH: "Alana Blanchard"
TURN-ON TOUCH: "Kiss my neck lightly but not so much that I get a hickey!"
COMPLIMENT HE CRAVES: "'You make me laugh more than anyone else.'"
TOP TURN-OFF: "When a girl is disrespectful"
DO YOU MANSCAPE? "Yes, but luckily, I don't have to do more than some trimming."
WHAT WOMEN NEED TO KNOW: "Don't settle for a jerk. Wait for a good guy—we're out there."

MONTANA, MISSOULA

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Casey Weinman, 22
Forestry/conservation student
MTbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Casey is the most charming guy I know."
PERSONALITY PROFILE: "I'm focused when it comes to school and work but very relaxed in my relationships."
DRAW HIS ATTENTION BY: "Being easygoing yet pulling together a dressy look."
DO YOU FACEBOOK A WOMAN BEFORE A FIRST DATE? "If she's already friended me, yes. I'd be curious about her."
HOTTEST GIRL GETUP: "A summer dress"
SWEET SPOT: "My stomach. Tickling it is an easy way to tease me."
BIGGEST RELATIONSHIP FEAR: "I'm a busy guy, and I sometimes worry I won't have the free time to spend with a woman and be a good boyfriend."

(Top to bottom, from left) shirt: Steven Alan; jeans: Levi's; shirt: Won Hundred; pants: J Brand; Tyler Wortman photographed by Brian Kaminski; shirt: Joe's; jeans: J Brand.

LOUISIANA, BATON ROUGE

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Patrick Farr, 29
Insurance underwriter
LAbachelor2011@gmail.com

IN THE WORDS OF HIS MOTHER, WHO NOMINATED HIM: "Patrick is a loyal friend and has great compassion."
PERSONALITY PROFILE: "I'm intelligent, witty, and considerate."
SPARE-TIME STUFF: "I'm big into sports, especially basketball."
WHEN YOU ASK A GIRL OUT, DO YOU TEXT OR CALL? "Flirting via text is fun, but for a date, I always call."
CHICK TRAITS HE CRAVES: "Ambition and a focus on career"
HOTTEST SEXT A GIRL COULD SEND: "Something that gives a time and place where she wants to hook up"
DATING DEAL BREAKER: "If she doesn't get my sense of humor"
BAFFLING CHICK BEHAVIOR: "Women are more emotional than men, and it can be hard to get a handle on that."

NEW YORK, NEW YORK

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Elan Levy, 29
Emergency-room physician
NYbachelor11@gmail.com

THREE WORDS THAT DESCRIBE HIM: "I'm honest, outgoing, and spontaneous."
IN HIS DOWNTIME: "I'll go for a run or relax with a book."
ON HIS IPOD NOW: "Arcade Fire"
CELEB CRUSH: "Mila Kunis"
CHICK FEATURES HE NOTICES FIRST: "Her eyes and her smile. They let me know if I should approach her."
HEAD-TURNING GIRL GEAR: "Any flattering outfit, if she wears it confidently"
FIRST-DATE ETIQUETTE: "I think men should make that first move and do the asking out."
SWEET SPOT: "My neck"
TOP TURN-OFF: "If she's full of herself"
WHAT WOMEN NEED TO KNOW: "Men are actually quite simple. Provide us with the basics and don't overcomplicate things and we're happy."

OHIO, CLEVELAND

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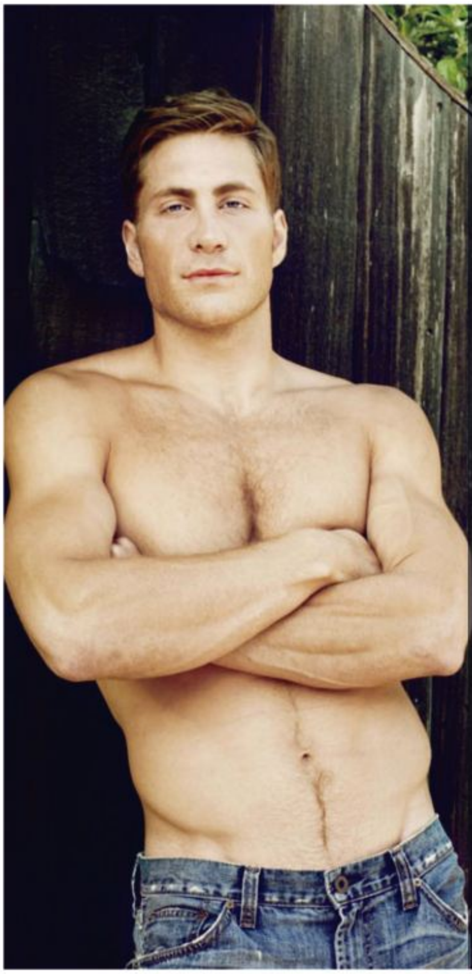
Chris Van Vliet, 28
TV entertainment reporter
OHbachelor11@gmail.com

IN THE WORDS OF HIS COWORKER WHO NOMINATED HIM: "Chris can have fun grabbing a beer or going all-out crazy by jumping out of a plane."
CATCH HIS ATTENTION BY: "Flashing me a smile. It shows confidence."
SEXIEST GIRL GEAR: "Tight jeans"
COMPLIMENT HE CRAVES: "Say you like my eyes. That tells me you've looked into them, which is intimate."
BIGGEST RELATIONSHIP FEAR: "That a woman won't understand how much time my job takes up"
HOTTEST SEXT A GIRL CAN SEND: "A sexy photo of herself"
WOMEN DROPPING THE F BOMB: SEXY OR SKANKY? "Skanky"
GIRLS GOING COMMANDO: SEXY OR SKANKY? "Super sexy!"



ALABAMA, MOUNTAIN BROOK

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Thomas Wilson Pace, 25
Speed and conditioning coach
ALbachelor11@gmail.com

BACHELOR BREAKDOWN: "I'm confident and athletic."
CELEB CRUSH: "Shawn Johnson"
FAVORITE FEMALE BODY PARTS: "Her eyes and her butt"
HEAD-TURNING GIRL GEAR: "Leggings. They show off her shape, leaving me curious."
HOW SOON DO YOU FACEBOOK FRIEND A WOMAN YOU'RE INTO? "As soon as I get her name! I'm a go-getter."
TOP TURN-ON: "Women who are confident. I don't like when a girl is insecure."
DO YOU MANSCAPE? "Yes."
BAFFLING GIRL BEHAVIOR: "I don't get why women spend so much time putting on makeup when they look good without it."

NORTH DAKOTA, MINOT

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Andrew Gudmunson, 25
Realtor
NDbachelor11@gmail.com

IN THE WORDS OF HIS YOUNGER SISTER, WHO NOMINATED HIM: "Andrew is this imposing macho guy, but he's also the most caring man I know."
DREAM VACAY: "I'd hop on a boat or head to the mountains and just get away from everything—no phone, internet, nothing."
ON HIS IPOD NOW: "Kings of Leon"
DO YOU FACEBOOK A GIRL YOU'RE INTERESTED IN? "Never."
FIRST-DATE DECORUM: "I wish more girls would ask out guys. Make it easier for us!"
HOTTEST SEXT A GIRL COULD SEND: "'I wish you were in me now.'"
DO YOU MANSCAPE? "Yes."
GUY INSIGHT: "You'll know if a guy likes you if he makes time for you no matter how busy he is."

(Top to bottom, from left) Patrick Farr photographed by Victor's International Model and Talent Management, Strout Photography, New Orleans, La., 504-305-5634; Elan Levy photographed by Shana Novak; Chris Van Vliet photographed by Eric Mull; jeans: J Brand (2).

DELAWARE, WILMINGTON

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Evangelos Kirtses, 28
Distribution-company co-owner
DEbachelor11@gmail.com

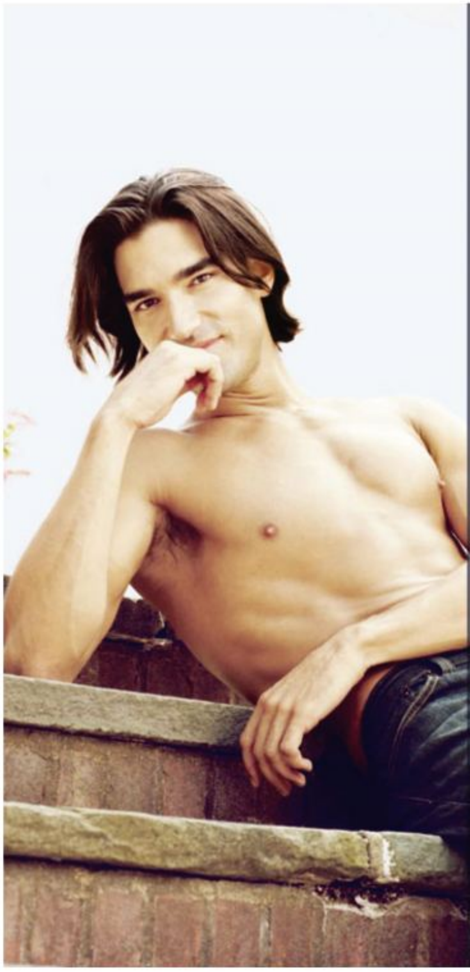
IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Evan is charming, kind, good-looking, and driven."
PERSONALITY PROFILE: "I'm extremely passionate about work and relationships."
AWESOME FIRST DATE: "It would be simple and at a local restaurant, and we'd be so engrossed in conversation, we'd lose track of time."
OLD-SCHOOL ATTITUDE: "I always pay for a date. I like to take care of things."
DATING DEAL BREAKERS: "If a woman is negative or needs a lot of attention"
DO YOU MANSCAPE? "At least once a week"
SEX ON A FIRST DATE: SEXY OR SKANKY? "Sexy…if the chemistry is right"
DOES EVERYONE HAVE A SOUL MATE? "Yes."

CALIFORNIA, SAN DIEGO

• • •

Christopher Lynch, 26
Scuba-company owner
CAbachelor11@gmail.com

BACHELOR BREAKDOWN: "I'm ambitious, athletic, and up for a good time."
WATER BABY: "I love the ocean. I can't live without a beach nearby."
FAVORITE CHICK TRAITS: "Intelligence and ambition"
TOUCH HIM HERE: "A back scratch always gets me going."
CAN A HOOKUP TURN INTO A RELATIONSHIP? "No."
WOULD YOU DATE A WOMAN WHO HAD A BIGGER PAYCHECK? "Sure, my ego can take it."
WHAT WIGS HIM OUT ABOUT LTR'S: "I'm afraid things will get boring. So it's great if a girl really tries to keep that from happening by being adventurous."



GEORGIA, SAVANNAH

• • •

Tim Arpin, 30
Real-estate investor
GAbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Tim's passion for adventure is inspiring."
MEET TIM: "I'm humble, optimistic, and easygoing."
CELEB CRUSH: "Natalie Portman"
HOTTEST SEXT A WOMAN COULD SEND: "Something that alludes to a bedroom encounter we'll be having very soon."
TOP TURN-OFF: "I don't like having to babysit a woman who consistently drinks too much while we are out."
GIRLS GOING COMMANDO: SEXY OR SKANKY? "Skanky"
DO YOU MANSCAPE? "Yes, once a month."
WHAT WOMEN NEED TO KNOW: "You can make a man really happy by truly appreciating him and showing your affection."

COLORADO, DURANGO

• • •

Jered A. Engbring, 29
Aircraft mechanic/engineering student
システム CObachelor11@gmail.com

JERED SAYS: "I'm very tight with my family and friends, and I love being outdoors—flying, hiking, camping, or mountain biking."
DREAM GETAWAY: "An ultrasecluded beach"
CHICK TRAIT THAT DRAWS HIS ATTENTION: "Looks are important, but having a positive attitude means more."
SEDUCE HIM BY WEARING: "A tank top."
DON'T TEXT TOO MUCH: "A few texts during the workday from a woman is good, but more than that is overwhelming."
SWEET SPOTS: "My chest and back"
PREFERRED GIRL GROOMING STYLE: "Brazilian"
GUY INSIGHT: "A lot of girls give these subtle clues that they like a man. But we only get it if you're direct."

(Top to bottom, from left) shirt: Won Hundred; jeans: J Brand; jeans: Levi's; swim trunks: Parke & Ronen; shirt: Riviera Club; jeans: J Brand.

MISSOURI, SAINT LOUIS

• • •

Jake Winter, 27
Archaeologist
MObachelor11@gmail.com

MEET JAKE: "I'm hard-working, curious, and adventurous."
CELEB CRUSH: "Charlize Theron"
FAVE FEMALE FEATURE: "Her eyes. I can tell a lot about her by the way she looks at me."
JAW-DROPPING GIRL GEAR: "An outfit with bold colors"
AWESOME FIRST DATE: "We'd do something fun, like go to the zoo."
HOTTEST SEXT A WOMAN COULD SEND: "'I want you.'"
LAP DANCES: SEXY OR SKANKY? "Sexy"
SEX ON A FIRST DATE: SEXY OR SKANKY? "Skanky. It's better to build chemistry."
GUY INSIGHT: "Don't be shy about approaching a guy first. He'll be grateful. It's tough to make the initial move."

KENTUCKY, LOUISVILLE

• • •

Chris Jones, 28
Chiropractor
KYbachelor11@gmail.com

PERSONALITY PROFILE: "I'm not hard to please, and I don't have to be the center of attention."
CELEB CRUSH: "Olivia Wilde"
HOTTEST GIRL GETUP: "Short shorts that show off her legs and butt"
FIRE HIS DESIRE BY: "Whispering in my ear. It's very sexy."
DATING DEAL BREAKER: "When a woman drinks too much"
DO YOU MANSCAPE? "Yeah. I trim regularly."
TEXTING STYLE: "I like texting back and forth with a girl, but not if her texts are long and involved, like novels!"
CAN A HOOKUP TURN INTO A RELATIONSHIP? "I've had it happen."
GUY INSIGHT: "Let your man have his alone time. It's not that he's trying to get away from you; it's just about balance."

INDIANA, INDIANAPOLIS

• • •

Graham Rahal, 22
Professional race-car driver
INbachelor11@gmail.com

IN HIS OWN WORDS: "I am entertaining, like to have fun, and have integrity."
NOW PLAYING ON HIS IPOD: "'The Good Life,' by One Republic"
HEAD-TURNING OUTFIT: "A tight dress always gets my attention."
FIRST-DATE ETIQUETTE: "I believe it's the man's responsibility to pay."
SWEET SPOT: "My neck"
COMPLIMENT HE CRAVES: "'I think you're a good guy.'"
TEXTING STYLE: "I love trading messages during the day with a girl I'm seeing. It's a way to show affection."
GIRLS GOING COMMANDO: SEXY OR SKANKY? "Sexy"
DATING DEAL BREAKER: "If a woman can't laugh things off"
DO YOU MANSCAPE? "Yes."

NEW MEXICO, ALBUQUERQUE

• • •

Nick Roybal, 23
Personal trainer
NMbachelor11@gmail.com

BACHELOR BREAKDOWN: "I'm really into fitness…and I'm really funny."
HE CAN'T LIVE WITHOUT: "Pizza."
CELEB CRUSH: "I've had a huge thing for Vanessa Hudgens since I was 17."
STYLE THAT SEDUCES HIM: "I love a woman in workout gear."
WOULD YOU DATE A GIRL YOUR FRIENDS DIDN'T LIKE? "Yes, but I would expect my friends to support me no matter who I go out with."
HOW HE KNOWS IT'S SERIOUS: "If I'm thinking of dropping the L word"
DO YOU MANSCAPE? "Yes, about every three weeks."
GIRLS WHO GO COMMANDO: SEXY OR SKANKY? "Sexy"
WHAT WOMEN NEED TO KNOW: "Don't buy into the stereotype that all we want is one thing."

MARYLAND, COLLEGE PARK

• • •

Taylor Giuliano Sachs, 22
Communications student
MDbachelor11@gmail.com

IN THE WORDS OF HIS EX, WHO NOMINATED HIM: "*Attractive, sexy, funny*—all these words describe Taylor."
TAYLOR SAYS: "I am confident and charismatic and love to travel."
SPARE-TIME STUFF: "I'll take my dog, Oliver, to the beach."
HOTTEST GIRL GEAR: "Jean shorts"
CHICK TRAIT HE CRAVES: "If she's an animal lover"
WHEN YOU ASK A WOMAN OUT, DO YOU CALL OR TEXT? "I call—it's harder for her to turn me down that way!"
SEX ON A FIRST DATE: SEXY OR SKANKY? "Sexy"
HOTTEST SEXT A GIRL COULD SEND: "She'd describe what she's going to do to me sexually when I get home."
DATING DEAL BREAKER: "If she gets sloppy drunk"

(Top to bottom, from left) shirt: Carlos Campos; jeans: DKNY Jeans; shirt: Steven Alan; jeans: J Brand; Graham Rahal photographed by Michael Levitt/LAT USA; Nick Roybal photographed by Peter Gonzales Photography; Taylor Giuliano Sachs photographed by adeptstudios.com.

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SOUTH CAROLINA, HILTON HEAD ISLAND

• • •

Benjamin Neil, 22
Emergency medical technician
SCbachelor11@gmail.com

BACHELOR BEN: "I am outgoing and outdoorsy and love being with friends."
IN HIS DOWNTIME: "I go golfing or watch a comedy, like a Will Ferrell movie."
AWESOME FIRST DATE: "We'd go to the movies and split a bottle of red at dinner after."
BAFFLING FEMALE BEHAVIOR: "Women change moods so quickly!"
DO YOU MANSCAPE? "Yes, once a week."
FAVORITE GIRL GROOMING STYLE: "Brazilian"
HOTTEST SEXT A GIRL COULD SEND: "'Come home right now. I need you.'"
WHAT WOMEN SHOULD KNOW: "If you like a guy, tell him! Don't play games and make him unsure of where he stands."

CONNECTICUT, STAMFORD

• • •

Kenneth Stern, 23
Professional rugby player
CTbachelor11@gmail.com

MEET KENNETH: "I'm outgoing, passionate, and lighthearted."
HEAD-TURNING GIRL GEAR: "A short skirt that shows off her legs, but nothing too trashy"
WHEN YOU ASK A WOMAN OUT, DO YOU TEXT OR CALL? "If I want a real date, I call."
AWESOME FIRST DATE: "I'll put together a romantic dinner with wine and dessert."
SWEET SPOT: "Being massaged on my neck and ears feels good."
TOP TURN-OFF: "If she only thinks of herself or constantly checks her cell"
CAN A HOOKUP TURN INTO A REAL RELATIONSHIP? "Absolutely. You already know you have chemistry."
SEX ON A FIRST DATE: SEXY OR SKANKY? "Skanky"

WASHINGTON, D.C.

• • •

Yemi Ojutiku, 27
Tax attorney
DCbachelor11@gmail.com

IN THE WORDS OF HIS BEST FRIEND, WHO NOMINATED HIM: "Yemi is very loyal, and his smile lights up the room."
PERSONALITY PROFILE: "I'm competitive and confident and a total type A."
ON HIS IPOD NOW: "Drake"
FAVORITE CHICK FEATURES: "Pretty eyes and a bright smile"
WHEN YOU ASK A WOMAN OUT, DO YOU CALL OR TEXT? "I do it in person."
AWESOME FIRST DATE: "We'd take a cooking class and make something spicy."
SWEET SPOT: "The back of my ear"
COMPLIMENT HE CRAVES: "Tell me I'm smart."
WOULD YOU DATE A GIRL YOUR FRIENDS DIDN'T LIKE? "Nah. If they didn't like her, there's probably a good reason."

NEW HAMPSHIRE, LEBANON

• • •

Nate Kimball, 25
Personal trainer
NHbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Nathan is charming and modest and has an amazing sense of humor. He's a true gentleman."
CELEB CRUSH: "Lauren Conrad"
JAW-DROPPING GIRL GETUP: "White pants"
AWESOME FIRST DATE: "I'd take her to a ball game or other sporting event."
HOTTEST SEXT A GIRL COULD SEND: "'I just went to the store and got a sexy new thong.' It'll make me imagine something X-rated."
DO YOU MANSCAPE? "Yes, occasionally."
SEX ON THE FIRST DATE: SEXY OR SKANKY? "Skanky"
GUY INSIGHT: "A lot of girls try to be the woman they think a man wants. But if he's truly into you, he wants the real you."

(Top to bottom, from left) sweater: B.D. Baggies; jeans: J Brand; jeans: Express Men; shirt: Gant; jeans: Levi's; jeans: J Brand.

MAINE, PORTLAND

• • •

Will Mallett, 27
Musician
MEbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Will is a super guy who would lay down his life for his friends and family." **WILL SAYS:** "I'm compassionate, honest, and a lot of fun." **IN HIS DOWNTIME:** "I play guitar." **CELEB CRUSH:** "Penélope Cruz" **HOTTEST GIRL GETUP:** "A sundress" **AWESOME FIRST DATE:** "We'd do something outdoors then share a good meal and listen to live music." **SWEET SPOTS:** "My neck and shoulders" **TOP TURN-OFF:** "Negativity. I don't want to date someone who brings me down." **BIGGEST RELATIONSHIP FEAR:** "That one of us is going to get hurt" **DO YOU MANSCAPE?** "No, never!" **HINT FROM A HOTTIE:** "Go easy on us guys."

TEXAS, MONTAGUE

• • •

Bradley Nobile, 22
Rancher
TXbachelor11@gmail.com

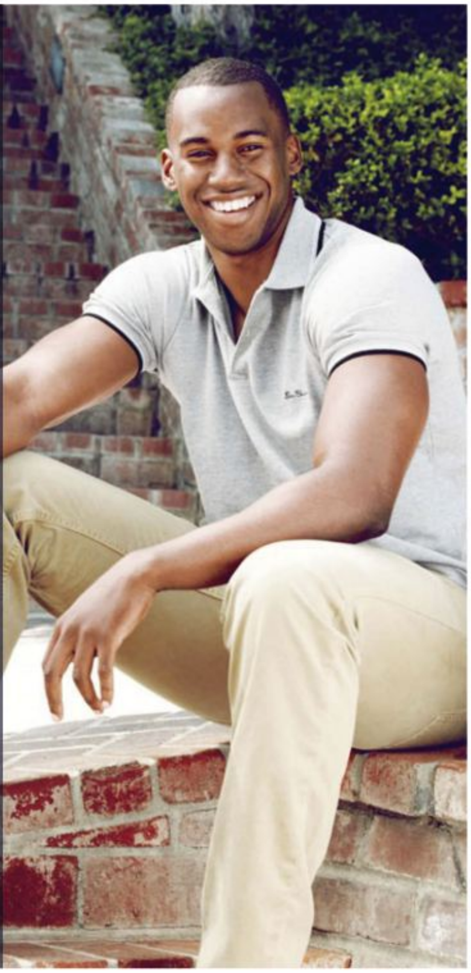
IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "All the ladies love this hot country boy." **PERSONALITY PROFILE:** "I'm spontaneous and energetic." **SPARE-TIME STUFF:** "I go hunting and fishing." **CUTEST GIRL GETUP:** "A dress and cowboy boots" **CAN A HOOKUP TURN INTO A RELATIONSHIP?** "Yeah, but it depends on where you met and how long you've known each other." **PICK-HIM-UP POINTER:** "Tell me that I made you laugh." **HOTTEST SEXT A GIRL COULD SEND:** "A photo of her posing in boy shorts" **TOP TURN-OFF:** "If she's arrogant or never smiles" **DO YOU MANSCAPE?** "Yes, I shave everything but my legs!"

OKLAHOMA, OKLAHOMA CITY

• • •

Nathaniel Goodwin, 26
College dean
OKbachelor11@gmail.com

IN THE WORDS OF HIS COWORKER WHO NOMINATED HIM: "Nathaniel's look is sexy, his smile is sweet, and his style is confident and smart." **BOOKISH BOY:** "I love reading. I never get tired of learning." **CELEB CRUSH:** "Jennifer Love Hewitt" **DO YOU FACEBOOK A GIRL BEFORE A FIRST DATE?** "I'll do it after the date to learn more about her interests." **SIGN HE KNOWS IT'S SERIOUS:** "When I'm constantly looking at my phone, waiting for her to call or text" **BIGGEST RELATIONSHIP FEAR:** "That I'll end up with someone only to realize she's been putting on a facade" **WHAT HE LOVES ABOUT WOMEN:** "They're mysterious. It's fun to try to figure them out."



VERMONT, RUTLAND

• • •

Jared Galster, 28
Chiropractor
VTbachelor11@gmail.com

MEET JARED: "I'm hard-working, respectful, and fun." **IN HIS DOWNTIME:** "I go snowboarding." **CELEB CRUSH:** "Eva Mendes" **HOTTEST GIRL GETUP:** "Tight jeans" **DO YOU FACEBOOK A WOMAN BEFORE A FIRST DATE?** "Yes, Facebook is a great way to prepare." **KISS HIM HERE:** "On my neck behind my ear" **DATING DEAL BREAKER:** "If she talks nonstop" **COMPLIMENT HE CRAVES:** "'You're the best boyfriend I've ever had.'" **SIGN THAT IT'S SERIOUS:** "When I really want to introduce her to my family" **GIRLS DROPPING THE F BOMB: SEXY OR SKANKY?** "Skanky. I don't like swearing." **LAP DANCES: SEXY OR SKANKY?** "Sexy!"

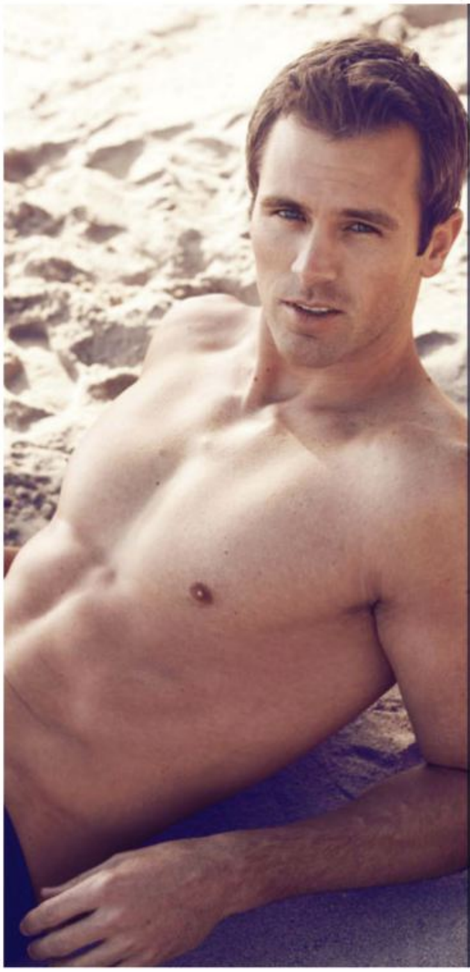
(Top to bottom, from left) shirt: Steven Alan; jeans: Nudie; shirt: Ben Sherman; jeans: J Brand; shirt: Dockers; jeans: J Brand; shirt: Jack Spade; jeans: Levi's.

WASHINGTON, SEATTLE

• • •

Max Bickett, 22
Financial analyst
WAbachelor11@gmail.com

IN THE WORDS OF HIS EX, WHO NOMINATED HIM: "Max is the perfect blend of brains, talent, and beauty."
MEET MAX: "I'm loyal and adventurous."
IN HIS DOWNTIME: "I hit the gym to de-stress."
CHICK FEATURE HE NOTICES FIRST: "How expressive her face is"
CUTEST GIRL GETUP: "A sports bra and sweats"
FIRST-DATE ETIQUETTE: "As much as I wish women asked me out more, I think it's ultimately up to the guy to take the initiative."
PREFERRED GIRL GROOMING STYLE: "Tame and short"
BAFFLING FEMALE BEHAVIOR: "I don't get the obsession some girls have with owning so many shoes."
WHAT WOMEN NEED TO KNOW: "If you plan guy-friendly outings, he'll be excited to see you."

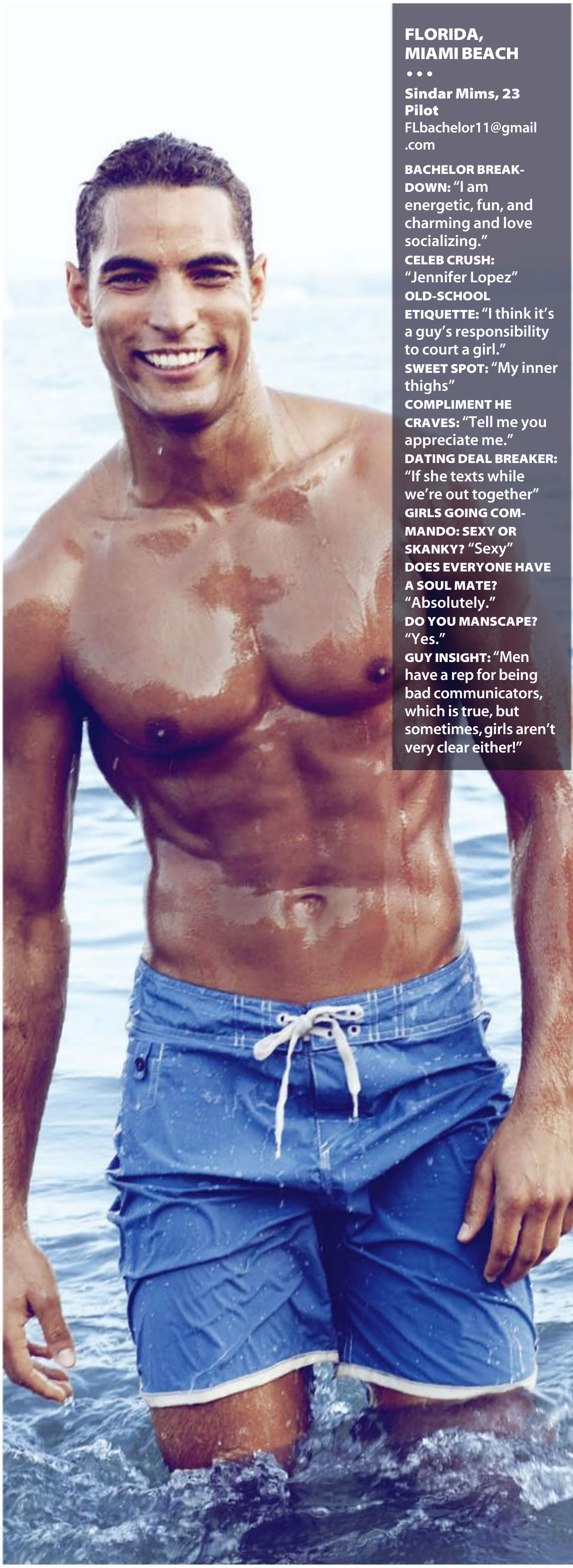


HAWAII, HONOLULU

• • •

Chris Pemberton, 28
Hawaii air national guard
HIbachelor11@gmail.com

IN THE WORDS OF HIS FRIEND WHO NOMINATED HIM: "Chris is hot and superintelligent and thinks of others before himself."
ACCORDING TO CHRIS: "I am trustworthy and enjoy being active."
EYE-CATCHING CLOTHING: "Rompers are so cute on a woman."
COMPLIMENT HE CRAVES: "'You're a good guy.'"
BAFFLING CHICK BEHAVIOR: "Why do so many girls fall for jerks?"
DO YOU MANSCAPE? "Yes, I like to keep myself neat."
HINT FROM A HOTTIE: "Men aren't just looking for some girl to hook up with. We have an eye out for someone we can spend the rest of our life with."



FLORIDA, MIAMI BEACH

• • •

Sindar Mims, 23
Pilot
FLbachelor11@gmail.com

BACHELOR BREAKDOWN: "I am energetic, fun, and charming and love socializing."
CELEB CRUSH: "Jennifer Lopez"
OLD-SCHOOL ETIQUETTE: "I think it's a guy's responsibility to court a girl."
SWEET SPOT: "My inner thighs"
COMPLIMENT HE CRAVES: "Tell me you appreciate me."
DATING DEAL BREAKER: "If she texts while we're out together"
GIRLS GOING COMMANDO: SEXY OR SKANKY? "Sexy"
DOES EVERYONE HAVE A SOUL MATE? "Absolutely."
DO YOU MANSCAPE? "Yes."
GUY INSIGHT: "Men have a rep for being bad communicators, which is true, but sometimes, girls aren't very clear either!"

(Top to bottom, from left) swim trunks: Parke & Ronen; swim trunks: Gap.

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How to Survive a Confidence Crash

Your 20s and early 30s are supposed to be packed with fun relationships, exciting experiences, and once-in-a-lifetime opportunities. And for the most part, they will be. But new job pressures and the negative effects of social media can send your self-esteem plummeting. Find out how waves of self-doubt start and the secret to bouncing back with even more mojo.

By Anna Davies

Olivia*, 25, has been laid off from three jobs in three years and is officially freaking out. "The first time I was laid off was in 2008. I thought, Okay, this sucks, but I can handle this. But then it happened again…and again. I feel so ashamed and don't even know why I'm trying," she says. Thanks to the still crappy economic climate, this feeling of "What the *%# am I doing with my life?" is being echoed around the country by young women who are struggling to find work. And experts say a stalled career is only one of the reasons so many members of the Millennial generation—usually defined as people born after 1980—are especially vulnerable to feeling lost when their lives don't work out as planned. A breakup, a bad relationship with a boss, or even a fallout with a friend can spur a crushing confidence crash.

"A lot of Millennials experience what I call an expectation hangover anytime life throws them a curveball," explains life coach Christine Hassler, author of *20 Something, 20 Everything*. And it feels just as painful as a real one, complete with headaches, remorse, and rolling waves of nausea—only it can last for months. Experts believe this exaggerated sense of disappointment is due in part to the unwaveringly positive feedback 20- and 30somethings have been given. "In the 1970s, only 17 percent of students got A averages in college. In 2008, 33 percent did," explains Jean Twenge, PhD, professor of psychology at San Diego State University and author of *The Narcissism Epidemic*. Since the population couldn't have become that much more brilliant in 30 years, we can conclude that there is a whole lot of grade inflation going on—indicative of a shift in society where praise has become paramount regardless of performance, Twenge says.

In the real world, neither bosses nor first dates are likely to go as easy on you as your freshman-year English teacher did, which can cause serious ego deflation. "So many young women come into my office and assume it's cheer camp," says Kelly Cutrone, president of People's Revolution PR and author of *Normal Gets You Nowhere*. "When I don't praise them for every little thing, they get upset." And as we know from having watched Cutrone's employees react to criticism on her reality show *Kell on Earth*, by "get upset," she means cry hysterically for days.

**Names have been changed.*

CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Anthony Nader at Atelier Management for Redken. Makeup: Kristin Hilton at The Wall Group for Dior Cosmetics. Manicure: Yuko Wada for Mark Edward Inc. Prop stylist: Robert Sumrell for Walter Schupfer Management. Blouse: Michael Kors; skirt: Longchamp; tights: Falke; shoes: Pour La Victoire; rings: Helen Ficalora.

When you're dealing with life drama, Facebook is not your friend.

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While these crashes are—deep breath—perfectly normal, you're in no way helpless. Being aware of the contributing factors (beyond the horrible economy) can help make it easier to navigate through the disappointment. Believe it or not, you can actually come out on the other side feeling stronger, smarter, and less likely to crash again.

COUNTERACT THE FACEBOOK EFFECT

Not only are Millennials experiencing the problematic side effects of too much praise, they're also the first generation to feel pressure to present a flawless, idealized image of themselves via blogs, Facebook, and Twitter feeds. All these can trigger the confidence crash when there's nothing good to report or, worse, a humiliating photo or less-than-flattering piece of news about your job or relationship status goes public.

On top of that, comparing yourself to others—one of the main hobbies of Facebook users everywhere—magnifies mild feelings of inadequacy into raging self-doubt. For example, Ruby, 26, is a fashion editor who feels her confidence tank whenever she logs on. "Seeing friends clinch an amazing new title makes me fume, and it's hard to feel excited about where I am in my own career," she says.

Also contributing to the confusion is the fact that today's young women are so busy trying to figure out what would impress their FB friends and Twitter followers, they have a harder time pinpointing their own true desires. "So many women treat life as a constant status update," says Jane Buckingham, founder of the Millennial-focused research firm Trendera. "They're thinking about how their lives look instead of how their lives feel."

Take Kathryn, 29, a social-media strategist. "After more than a few out-of-control nights, I knew the healthiest thing for me to do was give myself a break from partying," she says. "But I felt like Facebook was an obstacle. All my posts and pictures were of going out. I felt like if I stopped, everyone would wonder why or think I wasn't fun anymore. It seemed easier to keep doing what I was doing."

> "So many young women treat life as a constant status update. It's as if they're more concerned with how their lives look than how their lives feel."

To combat the pressure to perform, Buckingham suggests taking a hiatus from status updates so you'll be able to distinguish what you're doing for yourself from what you're doing for your friends. Second, when you do return to sharing, commit to keeping certain things (like your dating life) offline, and tweak your feed so you don't have to see posts from frenemies or anyone else whose updates make you feel bad. Finally, divide your social networking: Use LinkedIn to keep in touch with old coworkers, a Google+ Circle to stay connected with your friends, and a photo-sharing site to upload pics.

THE REAL SECRETS TO HAPPINESS

What you'd never guess from perusing news feeds? *No one* experiences a non-stop stream of feel-good events. There are lulls in everyone's life—they're just not talking about them on Facebook. "The more you get beyond the 'Everything's great!' line we've been taught to say, the more you realize that everyone struggles occasionally," says Hassler.

Of course, the answer isn't to sit around and dwell on the fact that things suck for everyone some of the time. "The question to ask yourself is how can you learn from your current situation and change it for the better?" says Hassler. If you hate that the boss at your big company barely knows your name, take it as a cue to focus on smaller companies during your next job search. If your friend was a stage-five clinger only to dump you when you were dealing with your own drama, be sure to choose new friends who have loyalty as one of their top qualities. By figuring out what didn't work, you'll be much less likely to fall into a similar situation down the line.

Another must-do: Instead of comparing yourself to your peers who seem to have it all, try to learn from them. The chick who has a kick-ass career? Pick her brain over coffee. Or gather a group of friends for monthly brunch and life-strategy brainstorming sessions. "By talking it out rather than competing, you'll be able to identify more solutions," says Hassler.

Finally, get distracted. Sounds counterintuitive, but experts swear taking a break from obsessing about your situation is key to moving on. After Carrie, 27, was dumped by her long-term boyfriend when she expected to get engaged, she found her renewed passion in an unlikely source. "At first, all I could think about was how to get back together. But then I began taking a dance class. I made a ton of new friends, found a hobby, and began dating again." Carrie's MO was good because she wasn't focusing on relationships—just something she liked and excelled at.

In between jobs? Train for a 5K run. Getting out of a long-term relationship? Go on a solo vacay. "What you're doing is breaking the obsessive self-reflection," says Barry Schwartz, PhD, author of *The Paradox of Choice*. Giving your mind a break from the same cycle of thoughts not only keeps you sane but may also give you the drive you need to overcome a setback by reminding you of all the things in your life you can and do kick ass at. ■

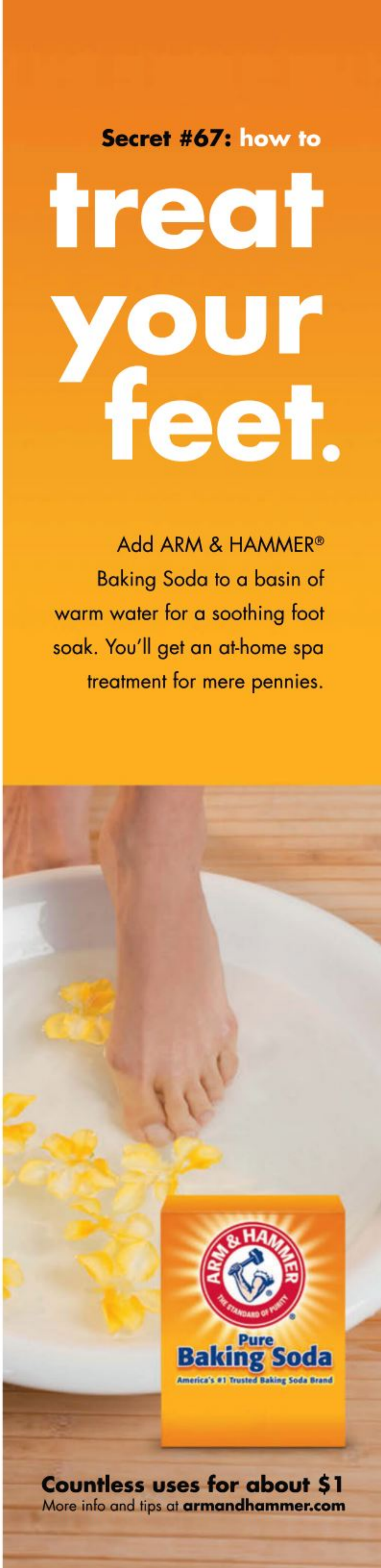
Comebacks to Confidence-Sinking Questions

What do you say when somebody asks about the one area of your life that sucks? Amy Alkon, author of *I See Rude People*, explains.

1. Be direct. Lying ("I got a *great* job offer; just waiting on details") can backfire, so consider hitting them with the truth ("Actually, I'm having a tough time with my job search"). "When you tell people what's really going on, you trigger their sympathetic reflex," says Alkon. Even your bitchtastic frenemy might do you a favor and pass your résumé on to her uncle's recruiting firm.

2. Focus on them. Don't want a random person knowing your biz? Deflect with a Q of your own ("I was about to ask you the same thing!"). Odds are, he wasn't meaning to pry. "A nosy question often isn't intended to be rude; it's just meant to create conversation," says Alkon. Once he starts babbling, he'll likely forget you never gave an answer.

3. Laugh it off. Cracking a joke shows you realize that this isn't the end of the world. If a coworker asks about your (involuntary) breakup, tell her it's okay, you've been looking for an excuse to listen to Adele's "Someone Like You" on infinite repeat.



Don't hate her for being perfect.

THE PIPPA

Many of us have *that* friend… or if you're Kate Middleton, that sister. You know, the one who always manages to outshine you. Here's how one woman deals.

BY FRANCESCA SERRITELLA

Rex/Rex USA (2)

EFFECT

Back when Kate Middleton's fairytale wedding took place, the press went crazy…for Pippa. Do you have a Pippa in your life? Someone you totally love but who steals the spotlight, even unintentionally? Mine is my very beautiful friend Amy. She's so gorgeous that if I didn't love her, I would hate her.

Amy and I have been best friends since we were in grade school, and I wouldn't trade our friendship for anything in the world. She has baked me sugar cookies for every breakup since I was 16. When my apartment was burglarized, Amy arrived before the police did then stayed with me all night. She's always there when I need her.

She's also there when I don't need her, when she occasionally steals my thunder. The first instance of the Pippa Effect took place back in high school. I was president of our freshman class, largely so I could get close to my crush, the senior class president. After using pep rallies, food drives, and bake sales to stage my seduction, Mr. President mentioned that he didn't have a date for prom yet. Something surged inside me, and it wasn't school spirit. Then he added, "Do you think your friend Amy would go with me?"

My dreams of being a junior power couple were crushed, but I couldn't blame Amy. She hadn't done anything to try to win Mr. President's affections, just as Pippa didn't intend to make herself—or her sexy bum—the center of attention on Kate's wedding day.

Over the years, I've learned to cope. I've accepted that Amy has a corner on the girl-next-door market. So instead, I go the opposite way and rock a boho-chic style and let my curly hair go crazy. This strategy pays off—I don't feel like I'm going head-to-head with the gorgeous girl. Plus, I have a very nice excuse to stop blow-drying my hair.

It's getting a wee bit crowded in the spotlight.

> "I don't begrudge her those moments of stardom—even if they happen on my stage."

When I get tired of coping, I copy. Amy is a domestic goddess, so when life calls for culinary expertise, I avail myself of hers. Like the day I awoke next to a man who was beyond hot. I e-mailed Amy at eight in the morning: "Emergency! Banana-bread recipe. Stat!" Minutes later, the recipe showed up in my in-box. I had warm muffins ready before he even woke up.

"Oh my god. You actually made these?" he asked, with a look of satisfaction that rivaled the one of the night before.

I shrugged. "Just an old family recipe." Amy and I are practically sisters.

He and I dated for six months.

I guess my point is, Amy's not my rival; she's my secret weapon.

Our friendship makes me a better version of myself. So I don't begrudge her those moments of stardom—even if they happen on my stage—because I know when it's my turn, she'll be clapping the loudest. ■

Getting What You Want

Overdue for a Raise? Read This *Now*

Mika Brzezinski, cohost of MSNBC's *Morning Joe* and Cosmo columnist, has strong opinions about what it takes to convince the higher powers to pony up the cash. Follow her smart tips.

1 Go in Armed

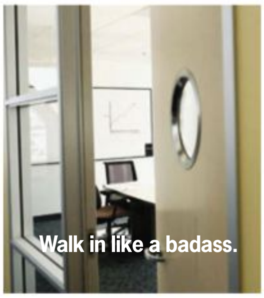
Inform yourself of the salary range for your position. A person doesn't have to be the head of a *Fortune* 500 company to have his or her salary published. There are websites, books, blogs! Check them out, so you'll be able to name your price and know if an offer is a competitive one. Also, make a list of your accomplishments. It's okay to brag. For instance, boast that you have forged important relationships for your boss or company or developed a new work-flow system—whatever the case may be. Do not go to the negotiating table without a clear picture of your value.

2 Be Authentic

It took me a year into *Morning Joe* to find my real voice and style. I actually told my boss, "You're a bad boyfriend—someone you do everything for, hoping he'll someday marry you, but he never does." My boss got my point. We often ask others how to make requests, but don't follow what anyone suggests word-for-word because it won't sound like you. Coming across naturally will always pay off, because you'll sound genuine.

4 Don't Give a Damn If They Like You

Work is not a popularity contest. It is, however, a *respect* contest. I repeat: respect. If you bring value to the table, you will be respected. When I once told a female manager I was going to ask for a raise, she said, "Oh, don't do that. It's not a good time. They're not going to like you." I was an idiot to fall for it. Your bosses may not like you for asking for a raise, but they will respect you for it if you are worth it. In fact, assume they will hate you and get over it.

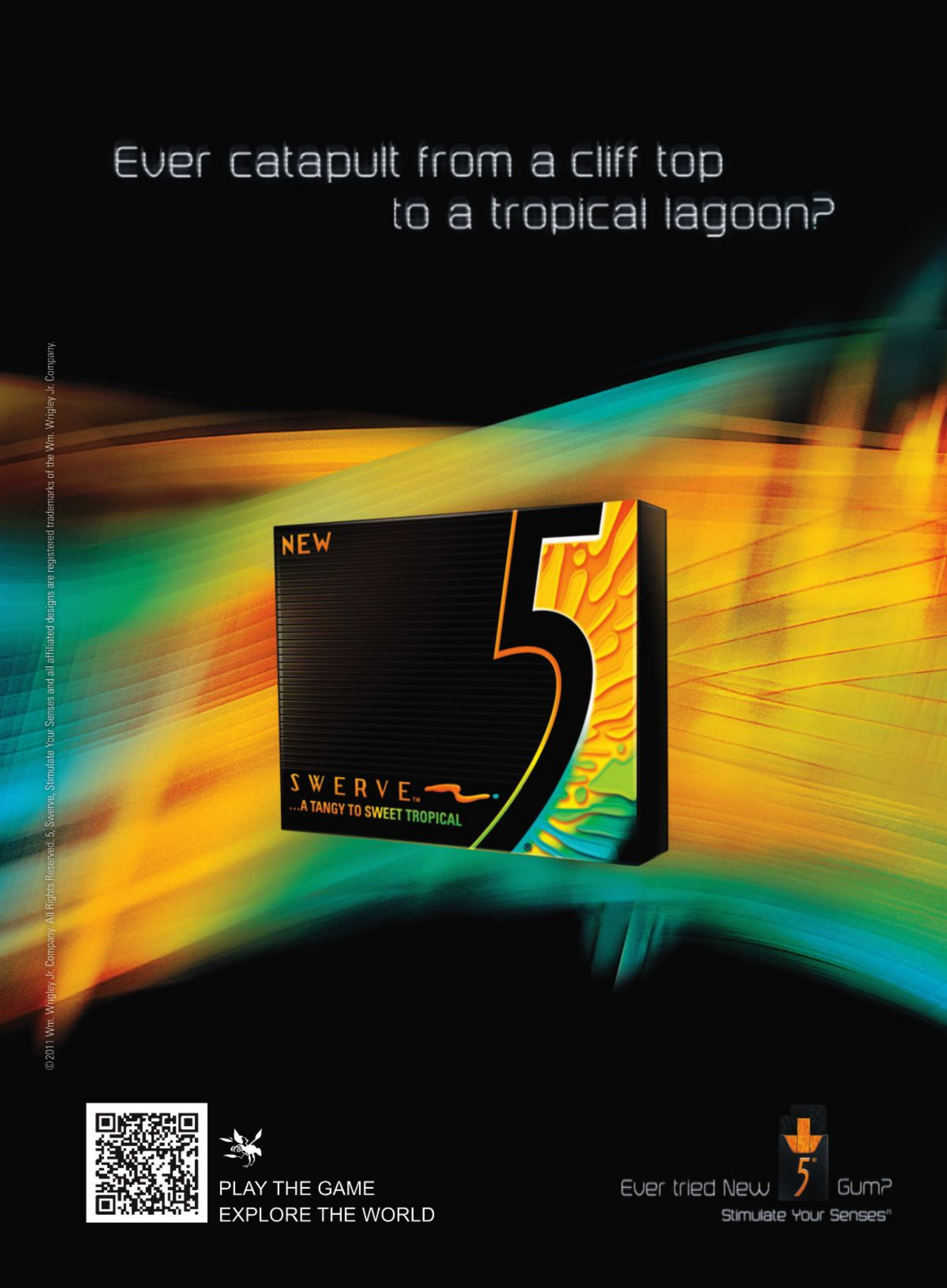


Walk in like a badass.

3 Leave the Drama at the Door

Don't ever go into a negotiation with fake threats and high emotions. We tend to think our bosses should care about our personal problems—family situations, rent issues, schedule dilemmas—but they don't, and they shouldn't. Playing the victim gets you absolutely nowhere, and it only makes you seem tiring and high-maintenance to your boss. And false threats? Never go there. Do not threaten to quit unless you are truly willing to walk out the door. Because if you're not and your threat is put to the test, no one will ever take you seriously again. Spend your time looking for that other offer rather than manufacturing your fake drama.

(Brzezinski) Evelyn Laws Photography. (Door) Fuse/Getty Images.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BY ANNIE DALY

Shameless Money-Saving Tricks

At least they won't have a credit-card hangover.

Extend the Life of Your Favorite Jeans

To keep denim from fading, turn it inside out before washing in cold water, then add one teaspoon of white vinegar per pair to the load—it preserves the color. Don't worry; we tried it, and it doesn't leave them smelling like just-dyed Easter eggs.

SOURCE: FASHION EXPERT DAWN DEL RUSSO, AUTHOR OF *101 GLAM GIRL WAYS TO AN ULTRA CHIC LIFESTYLE*

CHEAP, SEXY DATE

A Romantic Meal That's Totally Affordable

This is no Taco Bell.

If you haven't gotten in on the gourmet-food-truck trend yet, then you're missing out on a way to save major cash on date night. Plus, picking up duck-confit tacos or kimchi hot dogs and having a picnic is more interesting than a restaurant meal. Find ones nearby using the Roaming Hunger website (roaminghunger.com) or iPhone app.

Better Than Two-Buck Chuck

Designer clothes aren't the only thing you can buy on flash-sale sites. Now you can score wine at a steep discount too. Sign up for winestilsoldout.com—they have 24-hour sales where you can get bottles for up to 70 percent off retail price. (Shipping is free as long as you order the minimum number of bottles, which is never more than six.) Cheers to that!

(Models) Marc Baptiste. (Tacos) Brian Leatart/stockfood.com.

Bitch It Out!

When rude, obnoxious, or just plain ludicrous situations work your last nerve, there's only one thing to do: Vent here!

THE SHOW MUST *NOT* GO ON

"It's called 'using the dressing room.'" —*Emily, 18*

POOL PLAYER HATER

"There are a bunch of quiet study places on campus, but this girl chose to do her homework on one of the only two pool tables in the game room. And she muted the TV to focus, so no one could even watch that." —*Hannah, 19*

SNACK ATTACK

"I'm assuming you only had a taste for the meat, so you left the cheese and crackers for someone else to nibble on, but who does that?!" —*LaTasha, 31*

BITCH TIP

As much as you may want to rail at your man for ditching your dinner plans to shoot hoops with his friends, take this much more effective route instead: Casually say, "Oh, well, I was so in the mood to show you some new things I picked up at Victoria's Secret, but I guess it'll just have to wait until the next time I feel like it." He'll be kicking himself, so you won't have to.

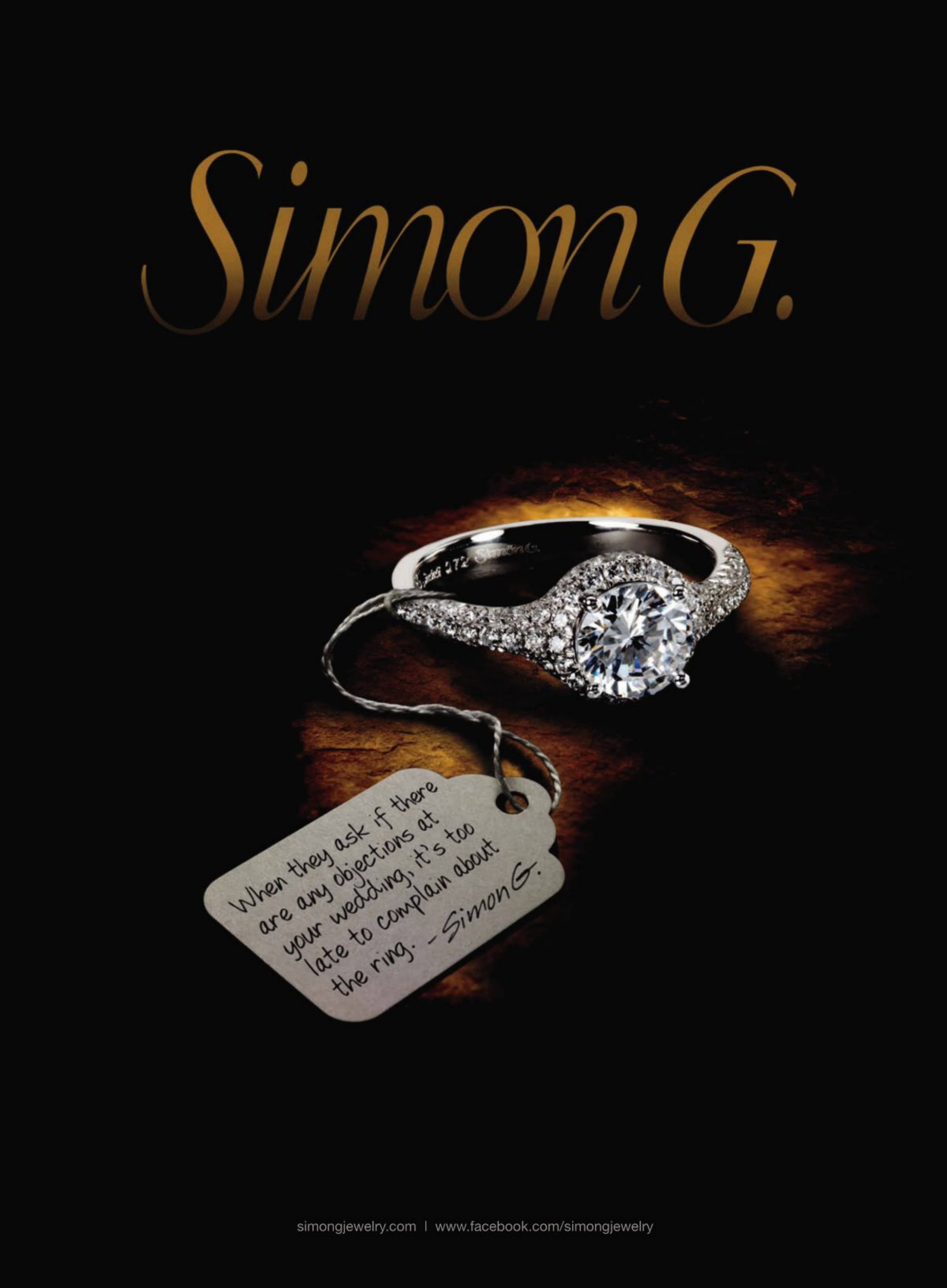
SOURCE: KIMBERLY DAWN NEUMANN, FOUNDER OF DATINGDIVADAILY.COM

LEAVING A PAPER TRAIL

"I came home one night to find out just how lazy my roommate is. Really? She couldn't change the roll?" —*Becca, 19*

Courtesy of contributor (4)

Annoyed beyond belief? Log on to share your pet peeve (and photos). If we print your shot, we'll give you $50. COSMOPOLITAN.COM/BITCH-IT-OUT


Simon G.
When they ask if there are any objections at your wedding, it's too late to complain about the ring. -Simon G.
simongjewelry.com | www.facebook.com/simongjewelry

Enemy number one of pleasure is tension. Luckily, experts have discovered that if you stimulate strategic points on your body for 30 seconds each, your muscles (and mind) will relax… allowing you to soak up every amazing sensation that comes your way.

BY MINA AZODI

1 Hands

There are 10 times more nerve endings in the hands (and feet) than in other places, so you're getting a lot of bang for your buck. Put a drop of lotion in your palm and spread it around. Then press your other thumb all over your hand, from the heel to your fingertips.

4 Head

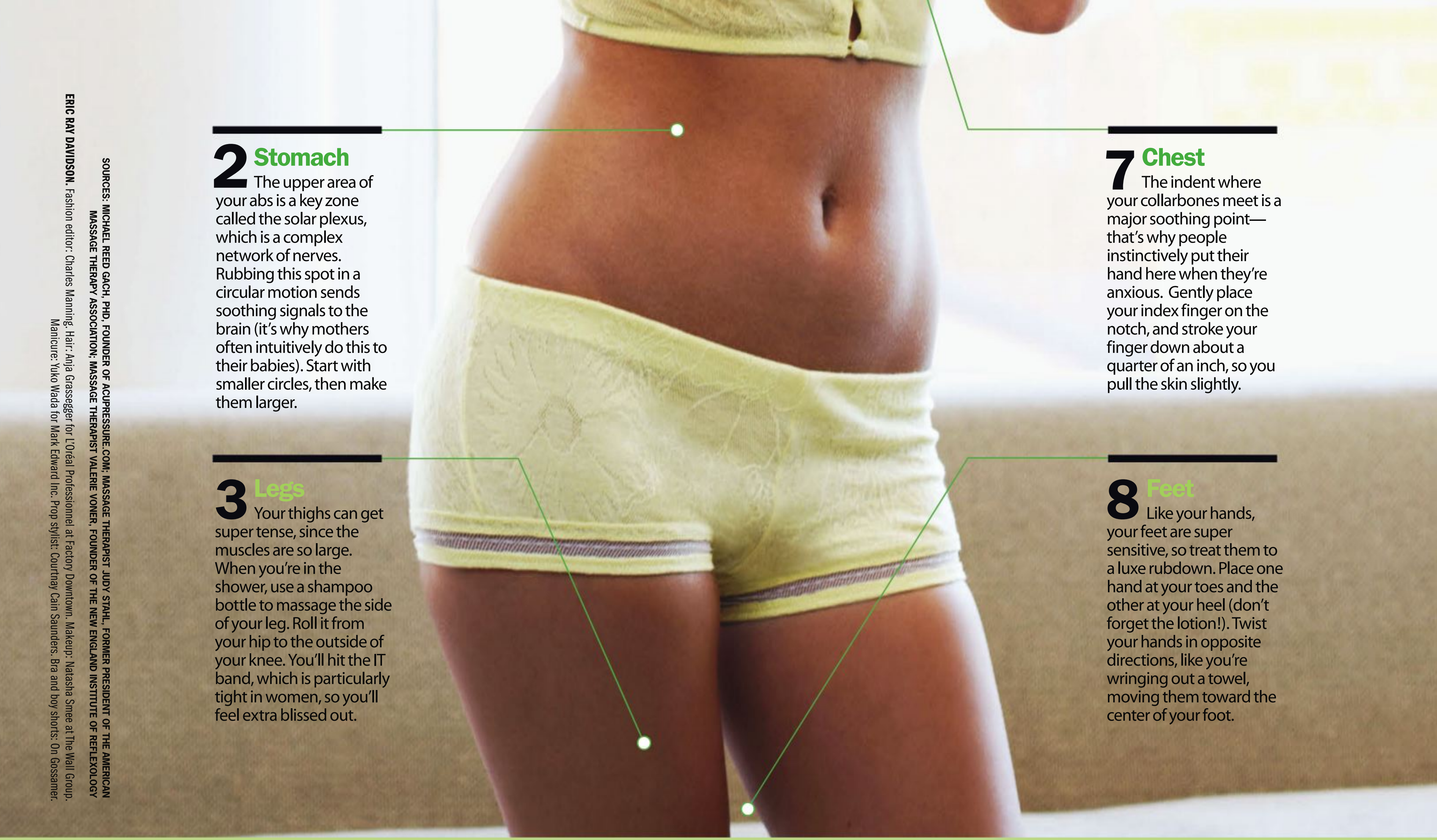
Next time you're shampooing, press the pads of your fingers against your scalp (it's packed with nerves) and rub them in small, slow circles. Use a shampoo with menthol to intensify those tingly sensations.

5 Earlobes

These spots are packed with nerves that connect directly to the brain, so stroking them feels particularly amazing. Take your earlobes between your thumb and index finger, and gently pull on them until your fingers slide off.

6 Face

The point where your jaw meets your cheekbone holds a ton of tension, since your body clenches there when stressed. To chill out, let your jaw drop open and use your index and middle fingers to massage the spot in a corkscrew motion.



Kiss Your Stress Good-Bye

2 Stomach

The upper area of your abs is a key zone called the solar plexus, which is a complex network of nerves. Rubbing this spot in a circular motion sends soothing signals to the brain (it's why mothers often intuitively do this to their babies). Start with smaller circles, then make them larger.

3 Legs

Your thighs can get super tense, since the muscles are so large. When you're in the shower, use a shampoo bottle to massage the side of your leg. Roll it from your hip to the outside of your knee. You'll hit the IT band, which is particularly tight in women, so you'll feel extra blissed out.

7 Chest

The indent where your collarbones meet is a major soothing point—that's why people instinctively put their hand here when they're anxious. Gently place your index finger on the notch, and stroke your finger down about a quarter of an inch, so you pull the skin slightly.

8 Feet

Like your hands, your feet are super sensitive, so treat them to a luxe rubdown. Place one hand at your toes and the other at your heel (don't forget the lotion!). Twist your hands in opposite directions, like you're wringing out a towel, moving them toward the center of your foot.

SOURCES: MICHAEL REED GACH, PHD, FOUNDER OF ACUPRESSURE.COM; MASSAGE THERAPIST JUDY STAHL, FORMER PRESIDENT OF THE AMERICAN MASSAGE THERAPY ASSOCIATION; MASSAGE THERAPIST VALERIE VONER, FOUNDER OF THE NEW ENGLAND INSTITUTE OF REFLEXOLOGY

ERIC RAY DAVIDSON. Fashion editor: Charles Manning. Hair: Anja Grassegger for L'Oréal Professionnel at Factory Downtown. Makeup: Natasha Smee at The Wall Group. Manicure: Yuko Wada for Mark Edward Inc. Prop stylist: Courtnay Cain Saunders. Bra and boy shorts: On Gossamer.

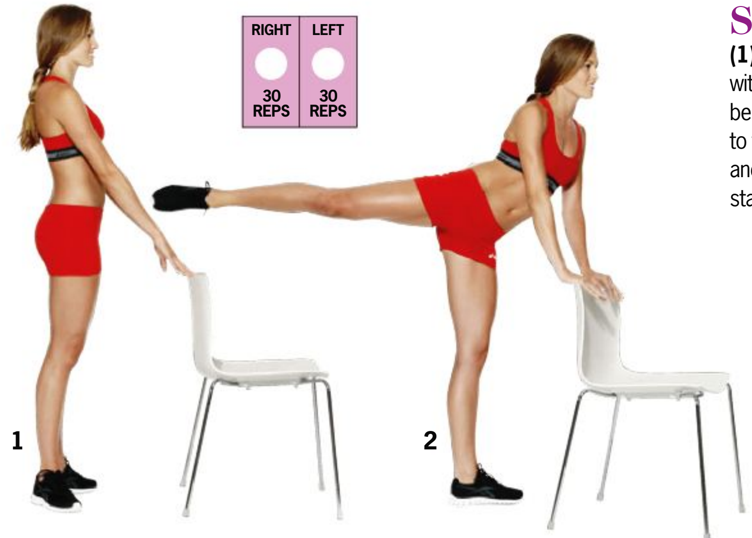
Look Long and Lean

Fit in 6 Minutes

These dance-inspired exercises stretch and lengthen your limbs (instead of bulking them up), giving you a sleek, sexy figure.

CHART YOUR PROGRESS
Check off a box for every set of exercises you complete.

RIGHT	LEFT
30 REPS	30 REPS



Arabesque

(1) Stand with your feet slightly turned out, heels touching. **(2)** Lift your right leg behind you so it's at hip height. Return to start. That's one rep; do 30, and switch legs.

Side Knee Lift

(1) Bend your right leg over the back of the chair, with your foot on the seat. **(2)** Keeping your knee bent, raise your leg a few inches higher and rotate it to the side. Extend your left arm toward the ceiling, and hold the chair with your right hand. Return to start. That's one rep; do 30, and switch sides.

RIGHT	LEFT
30 REPS	30 REPS

Plié

(1) Stand with your feet slightly turned out, heels touching. Rest one hand on the chair and the other on your hip. **(2)** Bend your legs and lift your heels as you lower toward the floor, pause for a second or two, and return to start. That's one rep; do 30.

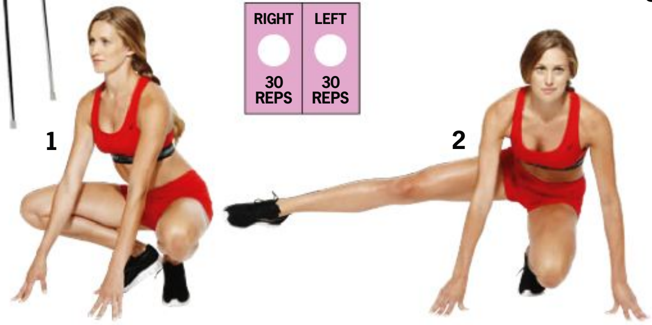
30 REPS

BALANCE LIKE A BALLERINA
Tighten your abs as you do each exercise—not only will it help keep you steady, it'll flatten your tummy at the same time.

Plié and Kick

(1) Squat down into plié position, with your hands touching the floor in front of you. **(2)** Put your hands on either side of your left leg, and kick your right leg out to the side so it's in line with your hip. Return to start. That's one rep; do 30, and switch sides.

RIGHT	LEFT
30 REPS	30 REPS



Meet Your Trainer Tracy Anderson is a top fitness guru who helps A-listers like Gwyneth Paltrow and Gisele sculpt a lean, foxy figure. Check out her book, *Tracy Anderson's 30-Day Method.*

CHRIS ECKERT/STUDIO D. Fashion editor: Charles Manning. Hair: Jennifer Brent for Tresemmé at beautywingny.com. Makeup: Courtney Perkins using MAC. Sports bra and shorts: Asics; sneakers: Reebok. (Anderson) Miranda Penn Turin.

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From coast to coast, there's been a resurgence in serial killers who target females.

NEED TO KNOW

HOW SERIAL KILLERS CHOOSE THEIR VICTIMS

Repeat murderers achieve their goal of killing women by preying on vulnerabilities you might not even realize you have. The best way to stay out of their sights? Avoid fitting the profile of an easy target.

By Richard Rys

One evening in May 2002, Charlotte Murray Pace was talking on her cell phone with a friend and enjoying a glass of red wine in the backyard of her Baton Rouge town house when she heard a noise. Pace, a bright 22-year-old who'd just finished her MBA at Louisiana State University, went to investigate.

Waiting out front was a man who called himself Richard and claimed he was looking for a woman who once lived in Pace's house. The stranger left without a fuss, she reportedly told her father, adding that the incident didn't seem to be anything to worry about.

In fact, it may have been part of a terrifying plan to take her life. Though the details will never be completely clear, "Richard" may have been Derrick Todd Lee—aka the Baton Rouge Serial Killer. Lee entered Pace's home around lunchtime the following afternoon, raping her and stabbing her 81 times.

Pace was Lee's second victim. He allegedly killed four other women, all of whom were viciously attacked. On the strength of DNA evidence, Lee was convicted of killing Pace in 2004. He got the death penalty, but in early 2011, he filed an appeal.

Stories like this sound like the makings of a horror film. But nothing is as scary as the real-life details of women who find themselves at the mercy of a serial killer. From coast to coast, there's been a resurgence in killers who target females—from the Los Angeles Grim Sleeper, charged in 2010 with 10 murders (he pleaded not guilty and is awaiting trial) to the Long Island Serial Killer, who is still at large and is believed to be responsible for the deaths of at least four women whose bodies were found in the last decade.

Although some of these hunters pursue prostitutes and drug addicts, others are drawn to successful young women living normal lives, like Pace. "These guys are driven by power, control, and sexual dominance," says criminologist James Alan Fox, coauthor of *Extreme Killing*. "They can be psychopaths who think that women are at their disposal…and disposable."

What makes them so difficult to identify is that serial killers typically do not share motives or techniques. The one thing they do tend to have in common is an ability to zero in on women who have danger blind spots that prevent them from recognizing when and how they might be at risk. Granted, many victims happen to be in the wrong place at the wrong time, with little chance to protect themselves. Yet experts say there are steps to take that render you a less appealing target. It's about recognizing—and eliminating—the vulnerabilities serial killers prey on.

CHRIS CLINTON. Assistant fashion editor: Jennifer Steele. Hair: Bryce Scarlett for artistsbytimothypriano.com. Makeup: Kristin Hilton at The Wall Group using Dior Cosmetics.
Manicure: Kim Chiu for Mark Edward Inc. Prop stylist: Robert Sumrell for Walter Schupfer Management. Jacket: Whitney Eve; top: NEUW; jeans: Citizens of Humanity; bag: Rebecca Minkoff.

They Try to Flatter You to Death

Rodney Alcala was a charmer—friendly, smooth talking, and a college graduate. He was also a sexual sadist and murderer who disarmed young women in Southern California by approaching them on the beach and offering to take their picture for a photo contest.

Charlotte Murray Pace, 22, was attacked by Derrick Todd Lee in her Baton Rouge town house.

Alcala may have used a twisted ploy to gain the trust of 27-year-old nurse Georgia Wixted, whose body was found sexually mutilated in her apartment, and Charlotte Lamb, a 32-year-old legal secretary who had been raped and strangled with a shoelace. After three decades, Alcala was tried and sentenced to death in 2010 for these and three other slayings in California—although he's suspected of murdering more women across the country.

Alcala's story worked because it shrewdly tapped in to a woman's ego as well as her ambition. "Many young women have a fantasy about becoming a model or actress," says criminal profiler Pat Brown, CEO of The Sexual Homicide Exchange and coauthor of *The Profiler: My Life Hunting Serial Killers and Psychopaths*. "It's an old trick psychopaths use to win over a potential victim."

Florida taxi driver Paul Durousseau, known as the Cabbie Killer, told at least one of his victims he was a lingerie salesman, a similar tactic designed to be manipulative and flatter a victim's ego, says Fox. He chose that occupation because it's an opener for telling a woman that he may have some lingerie that would look good on her, which preys on her vanity, Fox explains. Durousseau was charged with the murders of seven women between 1997 and 2003, several of whom were strangled. He's been on death row since 2007.

Of course, every guy who claims to be a photographer or praises your appearance isn't a psychopath. But predators will play on your insecurities to win you over. "Be wary when a guy you've just met says he could help you be a model or goes on about how attractive you are," warns Louis B. Schlesinger, PhD, professor of forensic psychology at John Jay College of Criminal Justice, in New York, and coinvestigator on a research project about extraordinary crime, collaborating with the FBI Behavioral Science Unit. A healthy dose of skepticism could mean the difference between life and death.

They Scope Out Your Routine

Think about the schedule you generally stick to: You probably leave home at roughly the same time to head to work, meet friends at a designated hangout on certain evenings, and turn off the lights to catch some sleep at a specific hour.

What you might not realize is serial killers are thinking about routines too. They are looking into women's windows to see when they're typically alone, checking when the lights go off inside to ascertain their bedtime, and watching them come and go until they learn their habits. "This all tells a predator when you're at your most defenseless and whether you make a vulnerable victim," says Schlesinger.

Serial killer Dennis Rader, nicknamed BTK (bind, torture, kill), pleaded guilty in 2005 to 10 murders in Wichita, Kansas, from the 1970s to the early 1990s. By his own admission, he trolled for victims by studying several people's routines.

Rader cased his victims for months. Before breaking into 25-year-old secretary Nancy Fox's home and then strangling her, he checked her mailbox for her name, stopped by her office to size her up, and figured out when she came home…and that she came home alone.

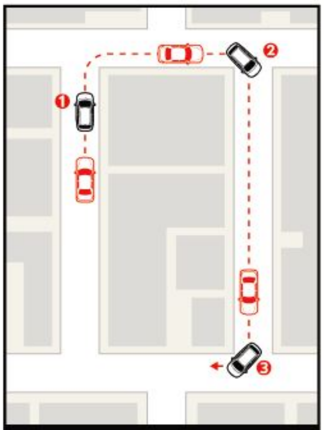
Another serial killer who stalked his prey was Robert Leroy Anderson, from South Dakota. In 1994, he reportedly selected a victim, 26-year-old Amy Anderson (no relation), tracking her routine so he knew when she would be returning to her house and what street she'd take. Then he set a trap, placing wheel-popping spikes on the road and ambushing her as she tried to change her tire. Amazingly, Amy escaped. But Anderson had previously kidnapped and murdered a woman, and he later kidnapped, murdered, and raped another. He was sentenced to death in 1999 for these crimes and then hanged himself while on appeal in 2003.

Convicted killers Dennis Rader (top) and Rodney Alcala

Realistically, you can't avoid a routine. But make sure you're not showcasing it to strangers. That means keeping your blinds and curtains drawn at night. It's also about leaving on a light or two, so a predator can't tell when you're likely to be asleep. And don't ever broadcast that your roommate just moved out or your guy is away, either by mentioning it to neighbors or posting it on Facebook. You never know who will see it and decide you're vulnerable.

(Rader and Alcala) AP/Wide World. (Opposite page, illustration) MCKIBILLO.

Experts also advise that you pay attention to who is behind you on the road, especially during your commute home. "If you suspect someone is tailing you, do what's called the box," says Brown. "Make a right and a right and a right; if they're still there, it's a red flag. Call 911 and drive to a lighted, busy area." Other smart precautions: Switch up your jogging or biking route, so a predator won't know when he can catch you alone and off guard. And if you think you're being watched, contact the police immediately.



ARE YOU BEING FOLLOWED?
Make three right turns in a row. If the suspicious driver is still behind you, call the police.

They Hope You'll Ignore Your Instincts

It's common to think that serial killers are all crazy, unattractive loners living in shadowy basements who don't have families of their own or hold down good jobs. This narrow-mindedness, however, can have fatal consequences. Rodney Alcala came off as a sensitive artist type, and Dennis Rader was a married father of two who led a local Cub Scout chapter and was active in his Lutheran church. Just because a man appears normal doesn't mean he isn't capable of having a sinister side.

"Serial killers tend to be extraordinarily ordinary," says Fox. "What makes them dangerous is that they blend in well, and they're able to lure in victims who think that men who have children or are handsome and successful are safe."

Altemio Sanchez, aka the Bike Path Killer, who pleaded guilty in 2007 to three deadly attacks in the 1990s and 2000s, was considered friendly and helpful by his neighbors in a neat, middle-class suburb of Buffalo, New York. The churchgoer coached his kids' basketball team, but that didn't stop him from accosting women on wooded trails and strangling them. (Two of his murder victims were also raped.) After DNA evidence linked him to the three murdered women, he was sentenced to 75 years to life behind bars. Law-enforcement officials have reportedly connected him to several other assaults.

Bruce Mendenhall also passed as a regular guy. The man who turned out to be the Truck Stop Murderer was married with grown kids and had a clean record...until police matched his vehicle in July 2007 to a truck spotted near where the body of 25-year-old Sara Nicole Hulbert was found in Tennessee that June. After blood was discovered in his truck, he was arrested; in 2010, he was given a life sentence for shooting Hulbert to death and was also charged with slaying other women.

Considering that these guys tend to be chameleons who mix in to avoid suspicion, how can you protect yourself from them? Experts say you could look for the telltale signs of a psychopath. (See our sidebar, below.)

But the most surefire strategy is not to fall into the trap of equating a normal guy with a good guy. And as always, trust your gut. If you meet someone who seems the slightest bit suspicious, don't let his guy-next-door demeanor cloud your judgment. "No matter how nice he seems, if your gut tells you something is off about him, don't feel bad for judging him," says Brown. "Just walk away." ■

SIGNS YOU MAY BE DEALING WITH A PSYCHOPATH

Serial killers often blend into society, but there are clues to look for that hint something is wrong below the surface.

He Stands Stiffly

Lying and deceiving require control, and this is reflected in a dangerous guy's posture—he might keep his head and arms very still as he talks and not shift his stance as people usually do.

He Speaks Only About Himself

Some serial killers are narcissists impressed by their own smarts and bored when talk turns to another topic. Be wary if conversation focuses solely on him and he boasts of his (real or fake) status, like his job or bank account.

His Words Seem Rehearsed

Psychopaths who hope to charm a potential victim are putting on an act, and that's exactly what it will sound like—a speech or script, without the normal awkward pauses, *ums*, and *ahhs*.

He Is Detached

Overhear a tragic story on the news or listen to a friend relate something awful that happened to her and you react immediately with emotion. A psychopath will not; his emotional disengagement reveals that he has no empathy for others—the hallmark of a psychopath.

He Exaggerates Tiny Gestures

Little moves—such as shrugging, blinking, and tugging at his shirt—correlate with how much stress a person is under. So no matter how in control a predator is trying to appear, repeating these behaviors over and over could reveal extreme nervousness and anxiety.

SOURCE: KATHERINE RAMSLAND, PHD, ASSOCIATE PROFESSOR OF FORENSIC PSYCHOLOGY AT DESALES UNIVERSITY AND AUTHOR OF *INSIDE THE MINDS OF SERIAL KILLERS*

—REPORTED BY CASEY GUEREN

Ugly Bunny Tales

From the retro drama series The Playboy Club to Beyoncé shooting a video in a Bunny-esque costume, the Playboy icons are having a mega moment. But really? Despite how it looks, the job wasn't pretty.

BY ANNA DAVIES

Look but don't touch: Ogling was encouraged; pawing was not.

1 Bunnies had to spread their legs…for a pelvic exam. Even though the Bunnies were waitresses, in the early club years, they couldn't report to work without their gynecological health being confirmed. After feminist Gloria Steinem publicized the practice in her famous 1963 *Show* magazine exposé, Playboy Club CEO Hugh Hefner eliminated it from employment requirements.

2 Their costume hurt. The uniform consisted of an ultratight, corsetlike leotard, ears, cuffs, and a tail. "We were actively encouraged to stuff," says Mary Chipman, a Bunny in the early 1970s. Among the items Steinem reported seeing Bunnies use to enhance their chests: tissues, gym socks, and cut-up Bunny tails.

3 The shift was grueling. Bunnies weren't allowed to be seen drinking anything in front of customers—not even water. If they were busted, it cost them 10 demerits (rack up 100 and you're out). And taking a break from strutting in 3-inch heels was a no-no. They learned to master the Bunny perch—resting one hip on a banister or leaning on the back of a chair.

4 Their boss watched their weight. Remembers Lili Bee, a Bunny in the late 1970s: "A manager looked at me and said, 'I didn't know Shamu escaped its tank.' I was required to weigh in. When they realized I was almost four pounds over my hiring weight of 112, they suspended me for a week."

5 Bunny wasn't just their position; it was their identity. "We had to introduce ourselves as Bunny [our first name]," recalls Sharon Bernstein Peyton, a Baltimore Bunny in 1964. "You couldn't have the same name as another Bunny currently employed at the club. If you did, you had to make up a new name," she says.

6 They could be fired at any moment. "A Bunny would look at the weekly schedule and realize she wasn't on the calendar because she'd 'lost the Bunny image,'" explains Marcia Donen Roma, a '60s Bunny. After witnessing coworkers being canned in this manner, Roma helped organize a strike. "We held it on a Saturday night, when business could be hurt," she says.

7 It cost them a bundle. Makeup (including false eyelashes), tights, and dyed-to-match pumps were all out-of-pocket expenses not reimbursed by the club. Before each shift, women were inspected, and if they weren't deemed "Bunny perfect" (imperfections could be anything from tights with a run to too-pale lipstick to a tail that wasn't fluffed), they could receive demerits.

8 They were spied on. "To ensure we weren't breaking rules, like dating customers, we were told that men posing as customers would be sent in to watch us," recalls Chipman. "It was waived if you were asked out by a *Playboy* exec," says Bee. In fact, Steinem wrote, they were encouraged to date those men.

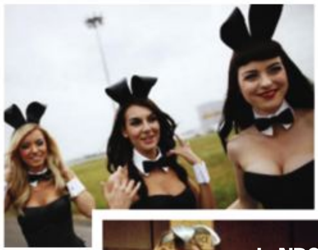
9 Forget about showing their guy where they worked. Steinem reported that she learned during her undercover stint that a Bunny was supposed to meet her husband or boyfriend at least two blocks away from work after a shift. "I always thought they had that rule because the managers worried a customer might see one of us smoking, drinking, or carrying on with a guy," says Bee. ■

Club CEO Hugh Hefner (center) inspects a costume to make sure it meets his standards.

Clearly, the challenge for a '60s Bunny was not spilling…out.

As Bunny Marie, Gloria Steinem went undercover and wrote a juicy tell-all about the gig.

In 2011, protesters picketed in front of the club reopening in London.


Ugh, they're back! A new generation of British Bunnies awaits Hefner's arrival.

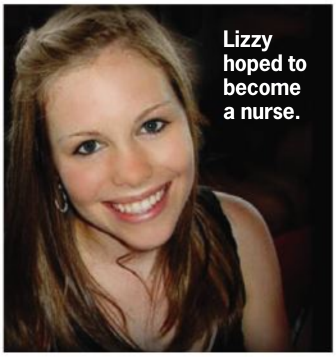
In NBC's new series *The Playboy Club*, Amber Heard plays a naive Bunny who accidentally kills a customer.

(Opposite page) Marion Schweitzer/Rex USA. (This page, from top) Burk Uzzle/*Time & Life* Pictures/Getty Images; © Bettmann/Corbis; EPA/Daniel Deme/Corbis; © Bettmann/Corbis; Dan Kitwood/Getty Images; Matt Dinerstein/NBC.

Cosmo Fights Campus Rape

BY ANNIE DALY

For our campaign, we're teaming up with Students Active for Ending Rape (SAFER) to improve colleges' sexual-assault policies. You can help!


Lizzy hoped to become a nurse.

A Student's Tragic Death

Last September, Lizzy Seeberg, a freshman at Saint Mary's College in Indiana, reported being sexually assaulted by a University of Notre Dame football player. Nine days later, the university hadn't yet interviewed him…and Lizzy, who had a history of depression, took her own life.

While no one can say for sure what fueled Lizzy's actions, and only the accused knows what happened during the alleged attack, sexual assault can be fatal for women with preexisting depression, and an unsupportive college can compound the situation.

"If a school fails to act on a depressed student's behalf, she'll see it as affirmation that she's not worthy," explains Dean Kilpatrick, PhD, director of the National Crime Victims Research and Treatment Center. Although the alleged perpetrator was not charged, an investigation by the Department of Education into Notre Dame's response to sexual-assault claims led the university to revise their policy.

GET INVOLVED in our campaign to fight rape on campus by improving your college's sexual-assault policy. Log on to cosmopolitan.com/campus-rape for details.

Has Your Drink Been Spiked?

Consuming one drugged drink feels like having done four shots.

SOURCE: H. WESTLEY CLARK, MD, DIRECTOR OF THE CENTER FOR SUBSTANCE ABUSE TREATMENT

Drugs such as GHB, Rohypnol (roofies), and ketamine are a rapist's perfect weapon. They disappear from the body quickly, mimic the feeling of being drunk, and are almost impossible to detect…until now. Researchers have developed a sensor that looks like a straw that you can stir into a drink to detect drugs. It's not available yet, so for now, use these tips to stay safe:

- Watch your drink being prepared, and always keep it in sight. Get a new one if you leave it.
- Steer clear of the jungle juice or sangria bowl, since you don't know what's in it.
- If you suspect that you or a friend has been drugged, call 911 immediately.

Even if you take all these precautions, remember that alcohol is by far the most common date-rape drug. Rapists try to get a woman drunk because it makes it harder for her to resist an attack and because they know she will be less likely to report it afterward.

SOURCE: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

COSMO READERS RALLY

For our campaign, we asked you to send your college's sexual-assault policy to SAFER, and the response was huge. They received a slew of new policies, and we've gotten countless e-mails about it, like these.

"I had an attempted sexual assault, and the authorities chalked it up to bad place/bad time because alcohol was involved. How it was handled always left a bad taste in my mouth; thank you for showing me how I can help improve the sexual-assault policies at my school." *—Nicole, 25, Massachusetts*

"I was raped during the first week of my freshman year by a student who lived in my dorm. My friends had a hard time accepting what happened to me and didn't know what to do or say. Your article makes the issue of rape more accessible." *—Julia, 19, Pennsylvania*

(Cocktail) Stockbyte/Getty Images. (GHB) David Hoffman Photo Library/Alamy. (Hard liquor) PhotoDisc/Getty Images. (Campus) Workbook Stock/Getty Images.

The lip balm that makes you smile.
eos lip balm in Summer Fruit is all-natural, paraben-free and packed with shea butter and jojoba oil, so your lips stay moisturized, soft and smooth. Find your favorite eos flavor at major retailers, drugstores and evolutionofsmooth.com
eos™
evolution of smooth™
USDA ORGANIC
95% Organic
All-Natural

When sex hurts, no one is happy.

"I Botoxed My Vagina"

For years, she couldn't wear jeans or have intercourse without being in agony. Finally, at 28, a last-ditch trip to a plastic surgeon changed everything....

AS TOLD TO KORIN MILLER

Until recently, I couldn't wear pants without feeling an intense burning sensation in my vagina. It wasn't just clothes that threw me off: Sex was often so painful, I'd have to stop before things even got started. My vagina was cramping my style.

It all began with a yeast infection my freshman year of college. The stinging feeling wouldn't go away no matter how many OTC creams I tried. I went to my primary-care doctor, who prescribed something stronger. But over the next few months, nothing worked, and I was still in pain that was getting worse. At a loss, she passed me off to a sexual-health clinic, where I had repeat tests for STDs, all of which were negative. Next, they sent me to an ob-gyn. It had been more than a year since I'd first noticed the symptoms.

A Name for the Pain

Luckily, the specialist knew what was wrong. She diagnosed me with vulvodynia, a condition Carrie once called vulva-*what*-ia? in an episode of *Sex and the City*. The doctor explained that the yeast infection had caused the nerves in my vulva to fire constantly, which is why I felt the burning sensation. But they also made the muscles down there clench like a fist, making me feel uncomfortable 24/7.

There's no cure for vulvodynia, but there are some things doctors think can relieve it. I went to physical therapy once a week, where the therapist would stick her thumb up my crotch to massage me internally. And I started taking low-dose antidepressants…for my *vagina*. My doctor thought it could help reset my nerves down there. But after months of slurring my words at my job as an investment banker, I took myself off the medication.

I also had to use dilators to try to widen the opening to my vagina and to relax it. They looked exactly like vibrators, and I was supposed to insert them for a few hours before bed and to get warmed up before sex. Despite all these efforts, vulvodynia was still screwing with my life. I work long hours, and sitting at my desk would put me in so much pain I'd get up to "use the bathroom" every 20 minutes or so—sometimes wanting to cry as I stood up in the stall.

At this point, four years after I felt the first symptom, I'd met a great guy and married him. He didn't understand what was going on down there at first but eventually got it after I walked him through the dilators and smearing numbing cream on myself before we could get busy. Occasionally, things wouldn't be as bad as usual down there and sex would just feel slightly painful at the beginning. But often, it hurt so much that we would have to avoid intercourse. I'd become upset sometimes that I couldn't have sex with my husband, but I felt lucky that he was so understanding.

> "I'd get up to 'use the bathroom' every 20 minutes—wanting to cry as I stood in the stall."

One Crazy Solution

I'd convinced myself that I was okay with the way things were when I got an e-mail from a friend that said "You *have* to read this!" It was a blog post that made fun of women who Botoxed their lady bits. I laughed, thinking it was the latest *Real Housewives*–esque plastic surgery until I looked a little closer. Basically, Peter Pacik, a plastic surgeon in New Hampshire, was conducting an FDA-approved trial that used Botox to "freeze" vaginal muscles and relieve the pain felt by women like me.

I worried that the process was still experimental. But after doing a little more research, I decided to go for it and contacted Dr. Pacik's office. Once he determined that I was a good candidate, we set a date for the procedure, and I crossed my fingers.

On the car ride from New York to Dr. Pacik's office in New Hampshire, I silently freaked while my husband drove. What if I died under anesthesia and everyone knew it was because I tried to Botox my vagina?

When we arrived at the office, I got changed and poked by the anesthesiologist. When I saw my husband again, I was in a hospital bed with my legs spread and strapped into stirrups with everything on display. It was beyond humiliating. The next thing I knew, I groggily woke up in the hospital bed with a big dilator inside me.

Later that day, I was feeling better and went out to lunch with my husband—with the dilator still inside me. It was kept in place by a special pair of tight underwear, and I couldn't help but feel a little sorry for myself.

It took about eight days for the Botox to kick in. Before then, I had to put in dilators for two hours a day. And eventually, I just felt…better.

Wearing pants is still a little uncomfortable, but I now enjoy a pain-free sex life. The Botox will wear off in four months, and before then, my muscles are supposed to learn how to be relaxed. But even if it all goes according to plan, I'm considering doing a second round to see if I can wear jeans with zero discomfort. In the meantime, I'm just grateful that my days of suffering in silence are finally over. ■

CHRIS CLINTON. Fashion editor: Charles Manning. Hair: Anthony Nader at Atelier Management for Redken. Makeup: Kristin Hilton at The Wall Group for Dior Cosmetics. Prop stylist: Robert Sumrell for Walter Schupfer Management. Camisole: Hanro of Switzerland; pantie: Topshop. These are professional models.

the cosmo health report

YOUR WEIRDEST PERIOD QUESTIONS ANSWERED

While you have that time of the month mostly figured out by now, stuff can still crop up and throw you for a loop…or even freak you out. We help you get a handle on these occasional menstrual mysteries.

By Carolyn Kylstra

Whenever I have sex within a day or two of my period ending, it all of a sudden comes back! Why?

Orgasms cause your body to release chemicals that trigger vaginal contractions. You also produce these chemicals when menstruation starts, to help slough off the uterine lining. If you have an O and blood is still inside you, the contractions will force it out, even if you thought your flow was over.

Some months, big globs leave my uterus. What the heck is coming out of me?

These red or black jellylike lumps are blood clots, and they typically plague women who experience a superheavy flow—so much blood is cascading out so quickly, it coagulates. Clots are also common in women who get their period only every few months, since the uterine lining tends to be thicker and heavier and there's more to expel. It's gross, yes, but birth-control pills can make them less frequent, and they're nothing to panic over, unless yours are larger than a quarter. Clots this big could be caused by fibroids or some other condition, so let your gyno know.

Why do I get embarrassing gas right before my period?

Blame progesterone for your stomach trouble. High levels of this hormone just before you see red can slow down your digestive tract. When things aren't moving along as they're supposed to, you'll feel gassy, bloated, and/or constipated. The discomfort will lift once your period kicks in and progesterone levels decline. In the meantime, handle it by taking an over-the-counter remedy like Gas-X and avoiding foods with a lot of fiber.

Don't wig out about calling your gyno to retrieve a renegade tampon. She's used to being asked.

I forgot to remove my tampon before having sex, and now it's lodged way up there somewhere. How do I get it out?

Stand with your legs spread while bearing down, as if you were trying to have a bowel movement. This should push the tampon lower in your vaginal canal and within yanking distance. Then reach in with one finger and sweep along your vaginal walls, fishing for the string. Or use two fingers like chopsticks to grip the entire tampon. Dabbing a bit of lube on your digits can make it easier to feel around up there. If you're still unsuccessful, make an emergency appointment with your gyno, who can pop it out fast and painlessly. Don't wig out about contacting her; gynos are called on to retrieve renegade tampons regularly.

As my flow tapers off, the blood is dark brown or almost black. Is it normal?

It looks alarming, sure, but it's simply blood that's turned dark because it's the last to be flushed from your body. The only time to worry is if it resembles melted chocolate and you notice it at the start of your period, which can be a sign of endometriosis—a fertility-threatening condition. If you experience this, alert your doctor.

Sometimes, it hurts to put in or take out a tampon—it feels dry, like it's scraping my vagina. How can I fix this?

You might be using a tampon that is too absorbent, so see if a smaller size or lighter absorbency feels less scratchy. Or squeeze a little lube on your tampon so it slides in without hurting. Vaginal dryness can also be a side effect of your birth-control pills; some types reduce natural wetness all month long. If you've been feeling more parched down there in general, talk to your gyno about switching.

I swear my breath stinks during my period! Is it all in my head?

Nope. During your period, you produce higher amounts of volatile sulfur compounds in your saliva than you normally would, suggests a 2008 study published in the journal *Archives of Oral Biology*. These compounds live primarily on your tongue, so brush it with toothpaste to help sweeten your breath.

SOURCES: SHIEVA GHOFRANY, MD, AN OB-GYN IN STAMFORD, CONNECTICUT; MARY JANE MINKIN, MD, CLINICAL PROFESSOR OF OB-GYN AND REPRODUCTIVE SCIENCES AT YALE UNIVERSITY MEDICAL SCHOOL; NICOLE NOYES, MD, PROFESSOR OF OB-GYN AT NEW YORK UNIVERSITY LANGONE MEDICAL CENTER

Photographer's Choice/Getty Images

BY ESTHER CRAIN

His and Hers

"My guy's semen has a strong odor. Could it be a sign of an STD?"

Pungent semen may not be very pleasant, but it isn't associated with any sexually transmitted infections, explains Stanton C. Honig, MD, associate clinical professor of urology at the University of Connecticut School of Medicine. STDs in guys present themselves in other ways, such as via redness, a rash, or blisters on his penis; burning and/or pain when he pees; or a cloudy discharge.

"Uh, babe, let's just keep our underwear on for now."

Health-Boosting Habit "SLEEP ON IT" IS LEGIT ADVICE: GETTING ENOUGH REST HELPS YOU MAKE BETTER DECISIONS THE NEXT DAY.

SOURCE: UNIVERSITY OF MASSACHUSETTS AT AMHERST STUDY

What Your Body Reveals

STOMACHACHES

If you've experienced them off and on for weeks, it may indicate irritable-bowel syndrome (IBS), a condition affecting about twice as many women as men that can cause diarrhea or constipation and gas, says gastroenterologist Ira Daniel Breite, a clinical assistant professor of medicine at New York University. Another explanation: stress. Your digestive tract often bears the brunt of anxiety, so chilling more may help.

It feels like cramps...all month long.

She's pretty psyched to feel herself up.

Breast Check

Times You Must Examine Your Breasts

These are the three most hassle-free moments when you can look over and feel your set for any suspicious changes.

In the shower. The sudsy water makes it simple for your fingers to glide over and under each breast, pressing into the skin to detect any bumps.

The week after your period. After your flow ends, breast tissue is less lumpy, so it's easier to detect an abnormality.

Days before your gyno exam. Give your girls a thorough once-over before your appointment, feeling for irregularities and looking for dimpled skin and rashes that won't go away. With your exam coming up, you won't forget to point out to her anything that seems weird or worrisome.

SOURCE: JENNIFER GRIFFIN, MD, ASSISTANT PROFESSOR OF OB-GYN AT THE UNIVERSITY OF NEBRASKA MEDICAL CENTER; MICHAEL RANDELL, AN OB-GYN IN ATLANTA

(Couple and female model) CHRIS CLINTON. (Illustration) ANDERS WENNGREN.

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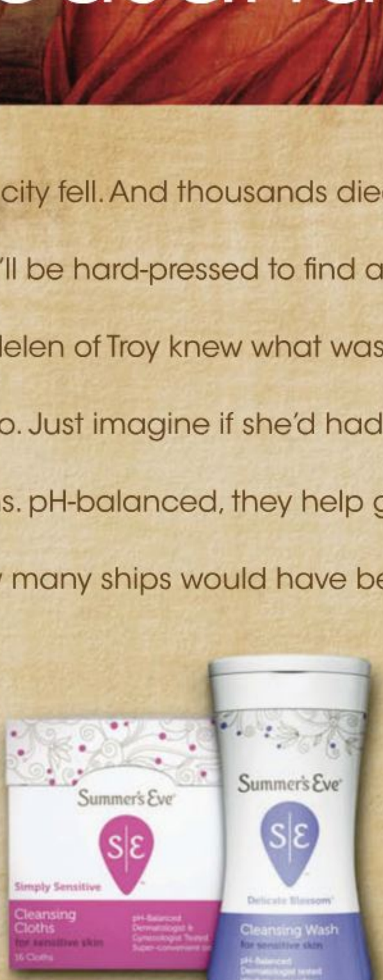
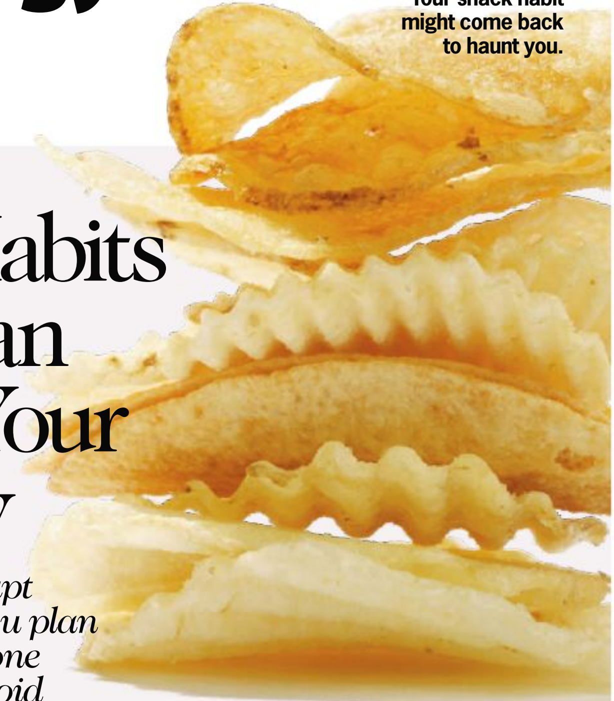
A war was fought. A whole city fell. And thousands died. Because of a beautiful face? We think not. Although you'll be hard-pressed to find any mention of her V in any history book, you can bet Helen of Troy knew what was up. And you can bet she knew how to take care of hers too. Just imagine if she'd had Summer's Eve® Cleansing Wash and Cleansing Cloths. pH-balanced, they help get you fresh and keep you fresh all day long. No telling how many ships would have been launched then.



HAIL *To* THE *V*™

summerseve.com

BY ESTHER CRAIN



Your snack habit might come back to haunt you.

Party Habits That Can Harm Your Fertility

We hate to interrupt your fun, but if you plan on being a mom one day, it pays to avoid these no-good behaviors.

Eating junky food. Although some evidence shows that poor nutrition can make it harder to conceive, a bigger danger is that, over time, crap chow will make your weight balloon. The more body-fat cells you have, the more estrogen you produce, which can disrupt your cycle.

Hooking up without condoms. Going bareback can result in an infection with an STD, such as chlamydia or gonorrhea, which if left untreated may produce scar tissue in your reproductive tract that blocks conception. No matter what, always insist on condoms unless you know for sure a guy is not infected.

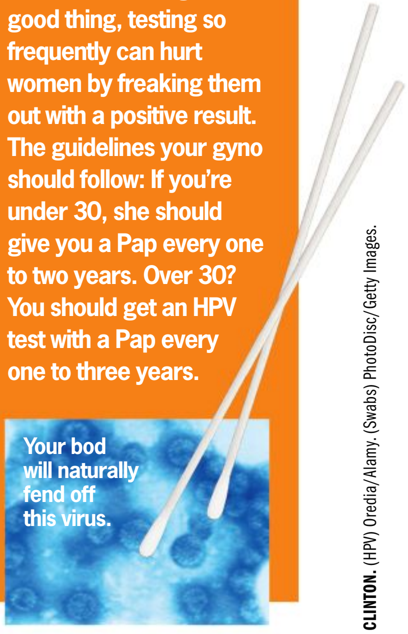
Smoking. Lots of girls who don't consider themselves smokers puff away at parties and bars. Don't. A slew of studies shows that any amount of smoking can lead to premature aging of your eggs and make it difficult to get pregnant. Also, smoking is linked to a higher risk of miscarriage.

SOURCE: ALAN COPPERMAN, MD, DIRECTOR OF INFERTILITY AT MOUNT SINAI HOSPITAL, IN NEW YORK CITY

Gyno News

DO YOU REALLY NEED AN HPV TEST?

HPV, the STD that may lead to cervical cancer, is so common in 20something women that gynos aren't supposed to test for it. Usually, your body fights it off before damage is done, and regular Pap tests are enough to ID any abnormal cervical changes that warrant a closer look. But a recent study found that 60 percent give an HPV test with a Pap anyway. Rather than being a good thing, testing so frequently can hurt women by freaking them out with a positive result. The guidelines your gyno should follow: If you're under 30, she should give you a Pap every one to two years. Over 30? You should get an HPV test with a Pap every one to three years.



Your bod will naturally fend off this virus.

Q&A

"Why do I sometimes feel a sharp pelvic pain midcycle?"

That twinge you feel is related to ovulation: It's the result of a mature egg erupting from its follicle and into the ovary, where it begins its trip into the fallopian tube and uterus, says William P. Stanell, an ob-gyn in Lawrenceville, New Jersey. Feeling a little pain is relatively common and isn't anything to worry about. "If it bothers you, an over-the-counter pain pill should relieve it," says Dr. Stanell.

Health Hint

PMS HELP: A NEW STUDY SUPPORTS PREVIOUS RESEARCH THAT VITAMIN-E SUPPLEMENTS CAN EASE PREMENSTRUAL SYMPTOMS.

SOURCE: STUDY PUBLISHED IN *REPRODUCTIVE HEALTH*

(Chips) © John Cullen/Radius Images/Corbis. (Model) **CHRIS CLINTON.** (HPV) Oredia/Alamy. (Swabs) PhotoDisc/Getty Images.

Do everything you would if you didn't have your period.
We're not just talking about swimming.
The next generation of period protection
With Instead® Softcup®, you can have mess-free sex, even when you have your period. Softcup is a flexible little cup worn internally that collects instead of just absorbing like pads or tampons. So you get 12 hours of leak-proof protection for sleeping, swimming or whatever else you like to do in your free time. facebook.com/softcup
Softcup
14
©Evofem Inc, 2011. Instead Softcup is not a contraceptive nor can it protect against sexually transmitted infections.

THE $198 CAMEL COAT

The Sweetest Deals of the Season

Stock up on ridiculous bargains that do your fashion rep justice without giving you a shopping hangover. Photographs by Marc Baptiste

Coat, Express; turtleneck, Calvin Klein, $49.50; bag, American Apparel, $68

THE $65 SNAKE-PRINT BLOUSE

Blouse, Calvin Klein; skirt, Aryn K, $75; belt, Meredith Wendell, $395; bag, Tory Burch, $325; earrings, Miriam Salat, $195; necklace, Ann Taylor, $68; bracelets, Kenneth Jay Lane, $60 (2); $200

Coat, $219.90, and blouse, $59.90, Mango; skirt, Jaclyn Smith for Kmart; bracelets (from top), Miriam Salat (3), $195 each; Kenneth Jay Lane

THE $20 PENCIL SKIRT

Coat, BB Dakota, $130; dress, MM Couture; bracelets (from top), Jessie Lane Jewels; Send the Trend, $29.95

THE $89 COCKTAIL DRESS

THE $11 SKINNY JEANS

Jacket, Loft, $79.50; tank top, Brandy Melville, $15; jeans, Forever 21; booties, Victoria's Secret Catalogue, $138; earrings, Elizabeth Cole Jewelry, $158; necklace, Isabel Marant; rings (on left hand, from top), Alexis Bittar, $250; Miriam Salat, $275; ring (on left hand), H. Stern

BEAUTY TIP: Top off your look with a spritz of Ed Hardy Villain Eau de Parfum, a yummy blend of blood orange and sandalwood for an equally irresistible price ($55).

Blouse, Topshop, $135; pants, Love ADAM; booties, Vince Camuto, $159; earrings, Ann Taylor, $58; bracelets (on left wrist, from top), Miriam Salat (2); Kenneth Jay Lane (2); bracelet (on right wrist), Kenneth Jay Lane; ring, Miriam Salat, $275

BEAUTY TIP: Steal the spotlight without blowing your paycheck in CoverGirl NatureLuxe Silk Foundation, $12. Jojoba extract gives skin a flawless, camera-ready glow.

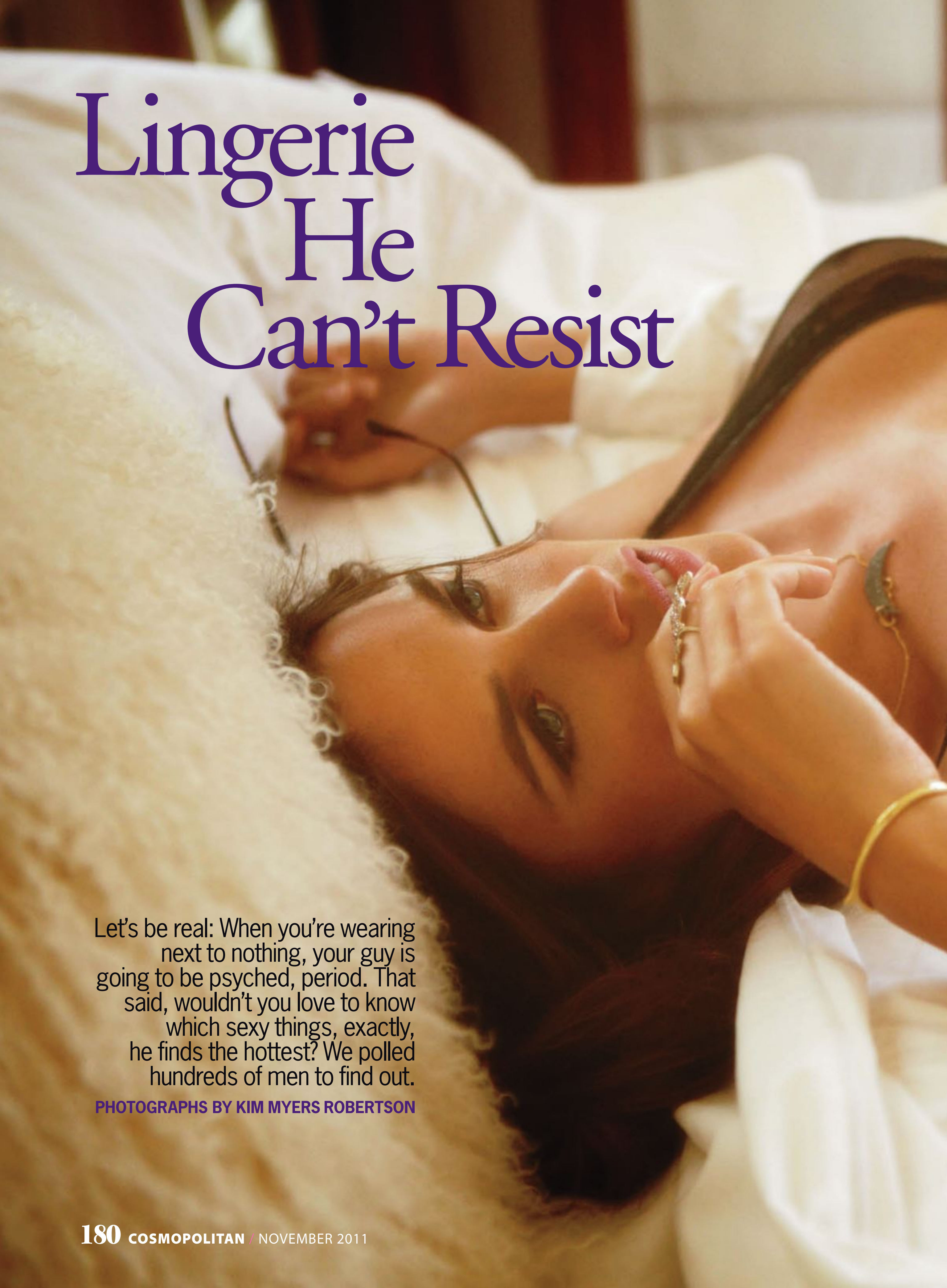
THE $99 WIDE-LEG PANTS

Jacket, MICHAEL Michael Kors, $175; blouse, Ann Taylor, $98; skirt, Joe Fresh; booties, Victoria's Secret Catalogue, $188; earrings, Jessie Lane Jewels; necklace, Isabel Marant

Fashion director: Michelle McCool
Hair: Zaiya Latt at Bryan Bantry Agency
Makeup: Emily Moses with Creative Management at MC2 using Dior
Manicure: Olya Titova for NARS Cosmetics/ Judy Casey Inc.
See page 228 for shopping information.

THE $39 FRINGED MINI

Lingerie He Can't Resist



Let's be real: When you're wearing next to nothing, your guy is going to be psyched, period. That said, wouldn't you love to know which sexy things, exactly, he finds the hottest? We polled hundreds of men to find out.

PHOTOGRAPHS BY KIM MYERS ROBERTSON

WE ASKED: What type of lingerie do you like best on a woman?

THEY ANSWERED: Sheer

Bra, Calvin Klein Underwear, $44; pantie, Myla, $55; shirt, Dolce & Gabbana; shoes, Valentino Garavani; necklace, Jennifer Miller Jewelry; cuff, Jennifer Fisher Jewelry, $375; ring, H. Stern

WE ASKED: Besides a sexy bra-and-underwear set, what turns you on the most?

THEY ANSWERED: Thigh-high stockings

Bra, $195, pantie, and jacket, Stella McCartney; thigh-highs, Falke, $49; shoes, Fendi

Bralette, $75, and boy shorts, $70, La Fée Verte; camisole, Hanro of Switzerland, $110

BEAUTY TIP: Nothing kills a striptease like underarm stubble—oh, except BO. Shave your pits with a multiblade razor (try Bic Simply Soleil, $5 for a four-pack), and swipe on clear deodorant (we love Secret Natural Mineral Invisible Solid, $4.29).

WE ASKED: Would you rather have a woman walk into the bedroom already wearing lingerie or slowly take off her clothes to reveal it?

THEY ANSWERED: Slowly take off her clothes

WE ASKED:
What color underthings are the sexiest?

THEY ANSWERED:
Red

Cardigan, 213 Industry, $123.20; briefs, American Apparel, $20; iPhone 4, $199

WE ASKED: Is it hot when a woman leaves her lingerie on during sex?

THEY ANSWERED: Yes.

Bodysuit, Eres, $550

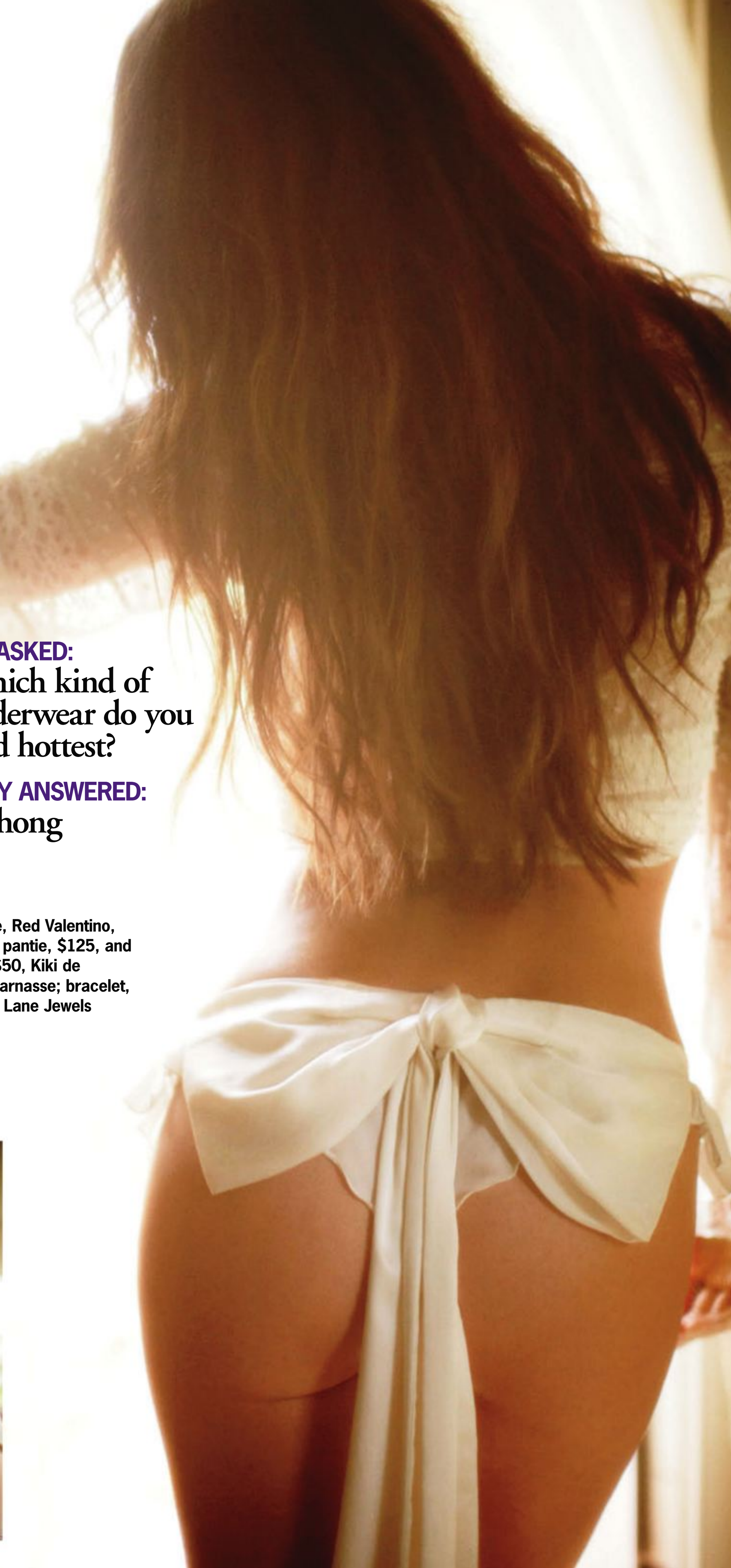
WE ASKED:
Do you notice if she's wearing a matching set?

THEY ANSWERED:
Yes.

Jacket, Leyendecker, $290; bra, Mimi Holliday, $83; pantie, Gap, $12.50; necklace, Sydney Evan; hat (on table), Scala Pronto

BEAUTY TIP: Texting him a sexy photo? Swipe on a flirty pink lipstick (we love Chanel Rouge Allure Velvet Lip Colour in L'Exubérante, $32) before striking a pose.

Senior fashion and beauty editor: Rebecca Hessel Cohen
Hair: Robert Lyon at Atelier Management for Redken
Makeup: Robert Greene using MAC Cosmetics at See Management
Manicure: Marcela Lopez at Ananas Spa
Prop stylist: Heather Sands
See page 228 for shopping information.



WE ASKED:

Which kind of underwear do you find hottest?

THEY ANSWERED:

A thong

Blouse, Red Valentino, $395; pantie, $125, and bow, $50, Kiki de Montparnasse; bracelet, Jessie Lane Jewels

The Sexiest New Makeup Tricks

SOME THINGS SHOULD NEVER BE FAKED: FRIENDSHIPS, ORGASMS, RÉSUMÉS. BUT A FULLER POUT, BIGGER EYES, AND BLEMISH-FREE SKIN? OH, HELL YEAH. SINCE CELEBS ARE THE BEST AT TRANSFORMING INTO TOTAL GODDESSES, WE STALKED TOP HOLLYWOOD MAKEUP ARTISTS AND UNVEILED THEIR LATEST STRATEGIES FOR ACHIEVING FAUX PERFECTION.

BY MARTA TOPRAN

(Opposite page) **CHRISTOPHER COPPOLA/STUDIO D**

Rosie Huntington-Whiteley

YOU WANT

Plush, Pillowy Lips

SEXY NEW TRICK

Swipe On an Inner-Core Lipstick

This two-in-one innovation—lipstick that surrounds a gloss core—offers an enormous amount of light reflection and shine…key to pulling off a full-figured mouth. "The more luminous lips are, the bigger they look," says makeup artist Mally Roncal, who has worked regularly with Beyoncé and Jennifer Lopez. Before applying, choose a lip liner that matches your lip tone exactly (if they're rosy, try CoverGirl LipPerfection Lipliner in Radiant, $6.50; if they have more of a caramel hue, try Chanel Precision Lip Definer in Beige, $29). "Line slightly beyond your natural border, and connect the peaks of your Cupid's bow instead of outlining the dip—then fill it all in," says Roncal, who swears by this tip for augmenting the mouth.

Estée Lauder Pure Color Sensuous Rouge LipColor, $28, and Dolce & Gabbana Passion Duo Gloss Fusion Lipstick, $34

Gregory Pace/BEImages. (Stills, throughout) JEFFREY WESTBROOK/STUDIO D.

Kim Kardashian

YOU WANT

Lush, Megalong Lashes

SEXY NEW TRICK

Layer On Fast-Drying Mascara

In the mascara world, lengthening formulas (like Armani's, below, and Mary Kay Lash Love, $15) and mousses (we love CoverGirl NatureLuxe Mousse Mascara, $9) are primarily valued as quick dryers, not volumizers. That's because they contain fewer moisture-rich emollients than thickening mascaras do. But it's only by adding coat upon coat (upon coat!) of the lighter stuff that you can mimic the exact look of Kardashian-esque falsies, says Pat McGrath, global creative design director for P&G Beauty and the mastermind behind the thick, superlash runway trend that's currently ruling the red carpet. You'll need four layers—just give each one 30 seconds to dry and thicken, says McGrath.

Giorgio Armani Eyes to Kill Lash Stretching Mascara, $30

David Fisher/Rex/Rex USA

YOU WANT

Perfectly Poreless Skin

SEXY NEW TRICK

Pair Pore-Filling Primer With Velvet-Finish Foundation

Base has its pros and cons: While it evens out skin tone and texture, it can also make pores look more prominent. "Pigments are heavy and sink over the course of the day, making pores look darker and deeper," says Rachel Goodwin, a Chanel makeup artist who regularly primps Emma Stone, January Jones, and Lea Michele for the red carpet. The latest silicone-packed primers (we love Mally's, below, as well as Olay Regenerist Advanced Anti-Aging Wrinkle Revolution Complex, $25) fill in pores and keep pigments propped up. Let it set for three minutes before applying a velvet-finish base (such as Clinique's, here). It creates dewy-looking skin yet is free of the shimmery pigments that amplify pores.

Clinique Repairwear Laser Focus All-Smooth Makeup SPF 15, $32.50

Mally Perfect Prep Poreless Primer, $35

Minka Kelly

Dara Kushner/infevents.com

Rosario Dawson

YOU WANT

Sexy, Supersized Eyes

SEXY NEW TRICK

Use a Shimmer-Shadow Palette

This season, it's trendy for companies to spike all shades of a shadow quad with shimmer (usually, the highlighter hue is the only one that glistens). And the palettes aren't just pretty to look at. Like we said in the plush-lips tip: Light-reflecting luminosity makes anything—including eyes—look huge. So when four complementary shades (all made to be used together) shine, the entire eye area—from lashes to brows—looks larger and more open, says Goodwin. A guide: Use the darkest hue as a liner, the second-lightest one on the lid, the second-darkest in the crease, and the lightest on the brow bone.

YSL Pure Chromatics Wet and Dry Eye Shadows in #20, $48

PA Photos/Landov

Amber Heard

YOU WANT

Fiercely Defined Cheekbones

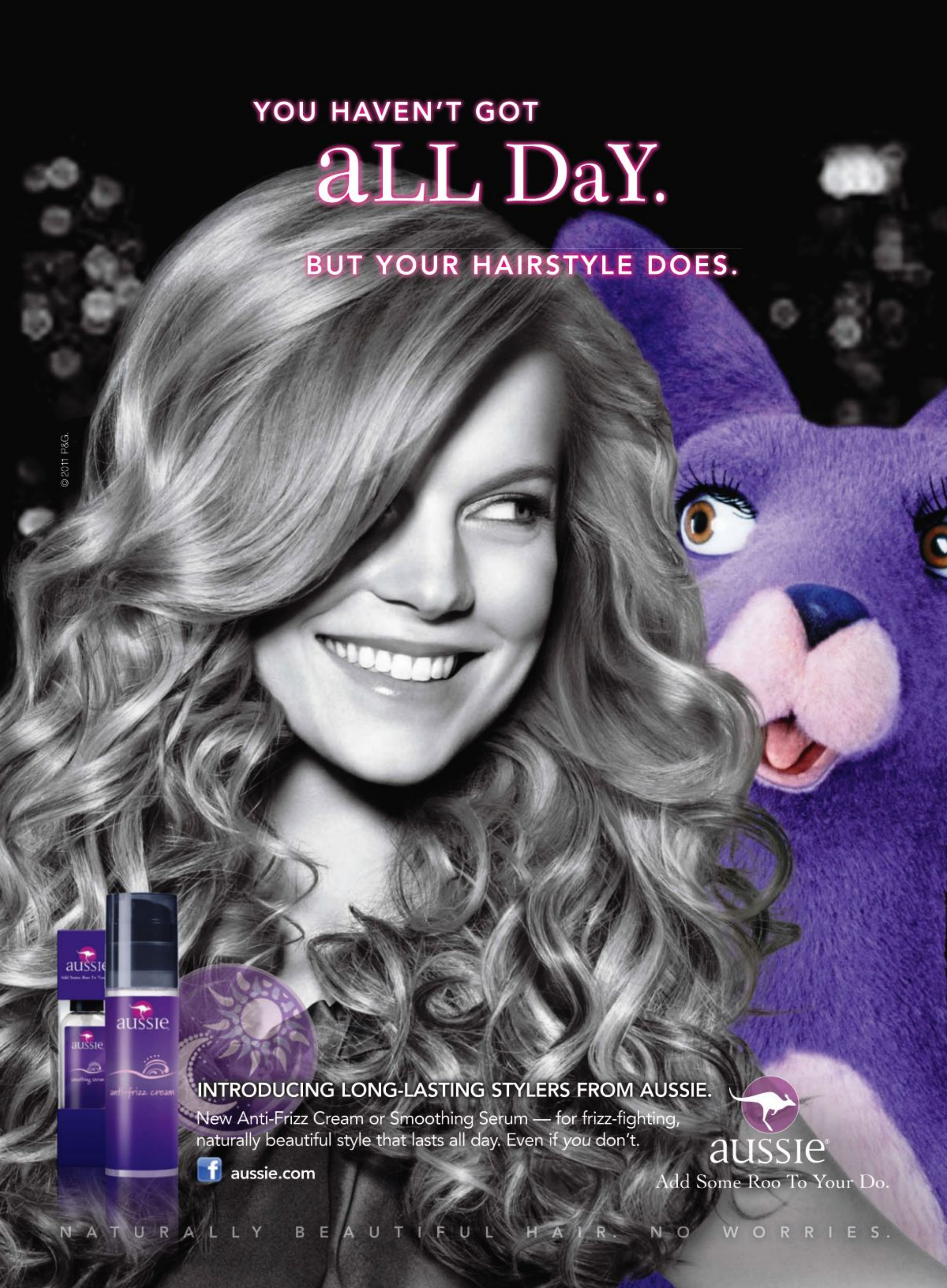
SEXY NEW TRICK

Choose a Cheek-Sculpting Duo

No, we're not talking about your go-to bronzer-and-blush combo. The latest, like Tom Ford's, here, pair a chocolate-colored contour cream (warning: It may look like war paint but sheers out easily) with an iridescent shimmer. When placed side by side, the polar-opposite shades fake sky-high cheeks. Apply the brown hue directly under the cheek from the ears to the mouth, blending it slightly upward so it darkens the bottom half of the cheekbone. "Dark shades absorb light, creating a slimmer, more chiseled effect," says Goodwin. The shimmer goes on top of the bony ridge to trick the eye into thinking the cheek is higher.

Tom Ford Shade and Illuminate, $75

Jason LaVeris/FilmMagic. See page 228 for shopping information.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BY KELLY THORE AND STEFANIE TUDER

cosmo life

Weekend

A Pretty, Unexpected Centerpiece

For a seasonal focal point on your table, fill a clear vase (tall or short and fat) with a big bunch of gathered leaves in the midst of changing colors. It looks so fall and costs a lot less than flowers (as in, it's totally free).

WE DARE YOU TO...

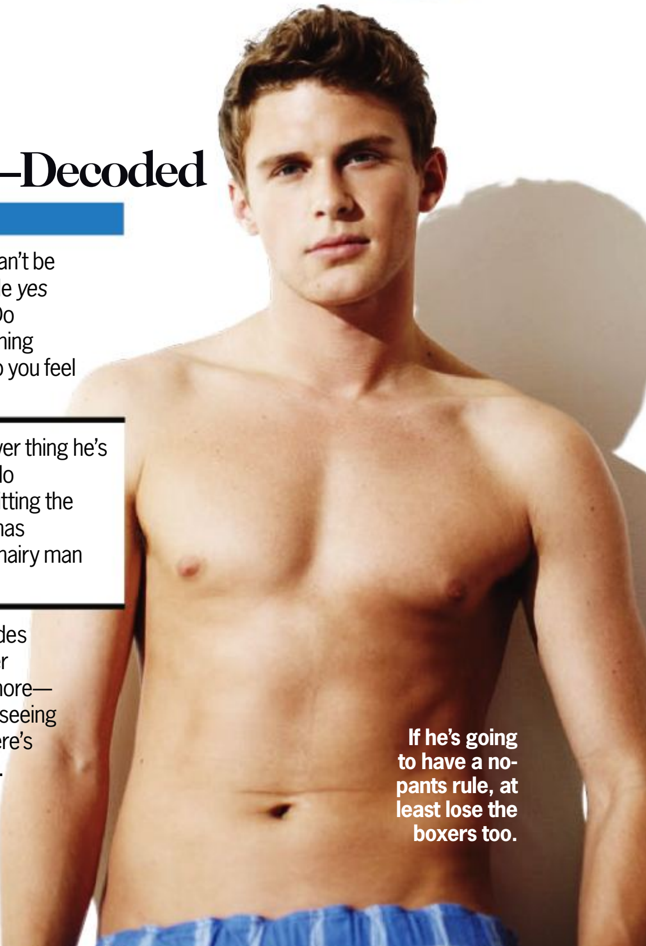
Not look at your phone from the time you wake up till noon this Saturday. A University of Toronto study found women get extra stressed when contacted for work on weekends, so lying low for a bit can help.

JUST EMBRACE YOUR INNER TWI-HARD

The Twilight Saga: Breaking Dawn premieres Friday, November 18. Take advantage of the fact that you don't have to answer to your alarm clock in the morning and catch a midnight showing with your friends (and a horde of horny tweens).

His Annoying Weekend Behavior—Decoded

THE HABIT	THE EXPLANATION	THE FIX
He texts back one-word answers: "Yup," "No," "Fine."	For a guy, those responses are the most productive—quick, simple, to the point.	Send him a text that can't be answered with a simple *yes* or *no*. So instead of "Do you want to do something tonight?" ask "What do you feel like doing tonight?"
He has a no-pants-until-6-p.m. rule.	While women look forward to getting dressed up, guys dread it. After a week of button-downs, he wants nothing more than to kick it in his boxers.	Suggest doing whatever thing he's been begging you to do with him—laser tag, hitting the driving range—so he has motivation to give his hairy man thighs some cover.
He gets crazy-antsy when it comes to necessary things, like grocery shopping or picking out a new area rug.	Shopping actually stresses dudes out (blame it on options overload), and they just want to be done with it.	Make a plan that includes a fun activity right after you accomplish the chore—like grabbing lunch or seeing a movie. That way, there's an end in sight for him.



If he's going to have a no-pants rule, at least lose the boxers too.

(Centerpiece) Neovision RM/Getty Images. (Phone) Photographer's Choice/Getty Images. (Moon) Gallo Images/Getty Images. (Male model) CHRIS CLINTON.

Cozy Date Idea

On higher stools, you get a nice view… and, uh, so does he.

A restaurant bar is typically the place the hostess sticks you when there's an hour-long wait for a table…but here's a little-known secret: It's often a sweet spot to dine. Think about it—you get to sidle up next to your guy, and you also get individual attention from the bartender. You can pick his brain about the best dishes, and usually, they'll let you sample drinks until you find one you want to order. Be extra nice and they may even give you the last round on the house.

How to Get in Good With His Friends

After more than 50 percent of this year's Bachelors said they would not consider dating a girl if she didn't get along with his crew, we figured dropping these flattering lines to them Saturday night couldn't hurt.

"Hanging with you guys is like watching a funnier version of *Jackass*."

"You know who you remind me of? That one football player…what's his name?" (Let him fill in the blank here, then nod and agree like that's totally the one…even if it's Tom Brady.)

"God help the person who tries to go up against you in *Duck Hunt*."

Take a Dip (Yes, in November)

Keep it tight and toned all winter long.

When we heard synchronized swimming was the new workout rage, we were impressed that those birth-control commercials were so ahead of the trend. But seriously, it turns out that it's actually a fun way to kill some cals and firm up. There are tons of classes being offered now, so round up a few friends this Sunday, pop into your local YMCA or other indoor swimming complex, and rock that bathing cap.

BLACK-FRIDAY SECRETS

We dig the deals this day has to offer, but the shoving and scary moms on a mission? Not so much. Which is why we were stoked to learn that some of the best post-Thanksgiving steals can actually be found online. Here, how to snuff them out.

CHECK OUT BLACKFRIDAY.COM
The site is designed to fill you in on which stores have the best sales.

PRE-SHOP
Go to a retailer's site a day early, pick out everything you want, and add it to your shopping cart. When the sales start, just hit refresh and see if any of the prices drop. If they do, you have first dibs.

BE IN THE KNOW
Follow your fave brands on Twitter, and join their Facebook fan pages—companies frequently give subscribers early access to sales and additional discounts.

SOURCE: ONLINE-SHOPPING EXPERT MICHELLE MADHOK, FOUNDER OF SHEFINDS.COM

CHRIS CLINTON (3). (Bag) KEVIN SWEENEY/STUDIO D.

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BY KORIN MILLER

Go All White

If you have mismatched furniture, grab your paintbrush—monochromatic is the chicest way to give your space style. Atlanta Bartlett, coauthor of *Pale and Interesting*, swears it's easy.

Light Up

Pale shades are perfect sun reflectors. Capitalize on the rays that shine into your room by placing mirrors across from your windows. They'll bounce natural light into every corner.

Whip Out the Paint

Whitewashed walls are crucial to this Zen look and keep your room from feeling cluttered. Whites come in various shades—chalky pastels, soft grays, earthy neutrals, and warm creams—so hit your local hardware store, and go with a tone that grabs your attention the most.

Inject Some Color (but Just a Little)

Rich blues, grays, and greens in small doses will keep things from being too one-note.

Set the Mood

A snowy bedspread lends a soothing spa feel—ideal for your bedroom. Make it romantic with ruffled pillow shams or contemporary with tailored cases to suit your personal taste.

Put Modern Next to Classic Vintage

Different styles are visually tied together with alabaster hues, so don't be afraid to bring a mish-mash of pieces into one room.

Go Au Naturel

Wooden touches, like a rustic table or chair, add a rough, organic contrast to a white interior and give it a warm, homey feel.

Do the Touch Test

Making sure there's a mix of textures (think a knitted throw and glossy lamp) is key to creating a room that has layers and depth. Without visual and tactile variety, your space will come across as cold and lifeless.

Keep the Couch Unfussy

Get a simple white or cream sofa (IKEA has one for just $60) as a foundation, and build from there by adding cool accessories to the space. If you already own a couch, buy an inexpensive slipcover in a whitish shade.

Excerpted from *Pale and Interesting*, by Atlanta Bartlett and Dave Coote. Photographs by Polly Wreford. Published by Ryland Peters & Small.

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Cooking With Katie Lee

A Perfect One-Pot Meal

It's a no-brainer: Throw everything together to create a fancy-looking, delicious dinner you can linger over with friends.

Katie Lee

I love cooking except for an annoying step—cleaning up. If only I could make an entire dinner that only dirtied one pot....Oh, wait, I can. My secret: paella, a Spanish dish that's a combo of meat, seafood, rice, and veggies. The real beauty is that it comes out super flavorful and looks impressive, but it's so easy, you can spend your time hanging out with your guests. And instead of having to tackle a sink-load of dishes, you can pop a bottle of cava and serve up caramel pudding for dessert.

Skillet Paella

What's nice is that this dish can be customized to your own taste, like by adding scallops or leaving out the meat or seafood entirely and throwing in a bunch more veggies for a vegetarian option.

4 ounces chorizo, diced
1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
½ teaspoon salt
½ teaspoon freshly ground black pepper
1 medium yellow onion, diced
1 red bell pepper, cut into strips
2 garlic cloves, minced
2 cups white rice (try using arborio or basmati)
5 cups low-sodium chicken broth
2 teaspoons paprika
1 teaspoon dried thyme
1 bay leaf
1 cup frozen green peas
½ pound medium shrimp, peeled and deveined
1 tablespoon freshly squeezed lemon juice
¼ cup green onions, thinly sliced

Heat a large skillet over medium heat. Sauté chorizo until fat is rendered, about 5 minutes. Let drain on a paper towel.

Season chicken with salt and pepper. Cook, stirring occasionally, until evenly browned, about 5 to 7 minutes.

Remove chicken, and add onion, red pepper, and garlic, and cook until tender, about 7 minutes. Stir in rice, and cook 2 minutes. Add broth, paprika, thyme, bay leaf, reserved chorizo and chicken, and additional salt and pepper to taste.

Bring to a low boil, then reduce heat to a low simmer. Cover, and let cook 10 minutes. Stir in peas, shrimp, and lemon juice. If the rice is looking dry, add ¼ cup water. Increase heat, cover, and let cook about 5 minutes. Sprinkle with green onions, and serve.

Caramel Pudding

This is easier to make than flan but every bit as yummy.

1 package vanilla pudding mix
¾ cup sugar
½ cup water

Prepare pudding according to package instructions, and refrigerate until serving time.

In a skillet over medium-high heat, cook sugar, without stirring. Watch carefully. When the sugar begins to melt and turn clear, start stirring constantly with a wooden spoon. When the sugar turns an amber color, in about 2 minutes, stir in water. Remove from heat, and let cool completely.

Spoon pudding into individual serving dishes, and top with caramel.

All recipes serve 4.

JOSÉ PICAYO. Food stylist: Victoria Granof at Art Department. Prop stylist: Molly Fitzsimons for Big Leo. (Lee) PETER MURDOCK.

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FAST FACT

A surprising reason to cook with olive oil: It can keep you from feeling bummed out. Consuming it daily lowers your risk of depression, a study suggests, possibly because olive oil is loaded with antioxidants called polyphenols, which have anti-inflammatory properties.

The Li'l Trick That Gets Rid of Belly Flab

Next time, it's drawstring.

MUFFIN TOP isn't just a drag; it can also be a health risk, increasing your odds of diabetes and heart disease. So it's great news that you may be able to dissolve abdominal fat with one dietary change: moderately reducing your carb intake. A study found that participants who cut back on carbs lowered their levels of ab fat. Researchers didn't specify which carbs to toss, but junking sweet, starchy items is a good start.

(Olive oil) PhotoDisc/Getty Images. (Pumpkin pie) FoodPix/Getty Images. (Apple pie) StockFood Creative/Getty Images. (Muffin) istockphoto.com. (Zipper) Photographer's Choice/Getty Images. (Fruit and cheese) Food Collection/stockfood.com.

METABOLISM BOOSTER

Treating Yourself to Snacks

Eat more to stay thin? Nutritionists say it works: Supplementing your usual three meals a day with a 150- to 200-calorie snack every few hours fuels your calorie-burning furnace, jacking up energy and keeping cravings from getting ugly. Make your snack a combo of protein and carbs, such as fruit and low-fat cheese or egg whites on a whole-grain tortilla.

SOURCE: SHARON RICHTER, RD, NEW YORK CITY NUTRITIONIST

FOOD FIGHT

Pumpkin Pie VS. Apple Pie

CALORIES: 320
FAT: 13 grams

The pumpkin filling offers vitamins, antioxidants, and healthy carbs for long-lasting energy as well as some not-so-good white-flour carbs in the crust. Without a top crust, you get less fat-packed pastry dough.

CALORIES: 400
FAT: 16 grams

The apples have energy-boosting good carbs, fiber, and zero fat. But since this holiday staple is made with a bottom and a top crust, you take in double the high-fat dough and sky-high unhealthy carbs.

SOURCE: STEPHANIE MIDDLEBERG, RD

Q&A

"How can I resist my guy's junk-food habit?"

Bring easy-to-carry nibbles to munch on when you're at his place, such as precut fruit, yogurt, or even a bit of cheese, so you don't feel you're depriving yourself, says NYC nutritionist Barbara Mendez. Cook more meals instead of going out, which gives you control over how nutritious dishes are. Then burn off binges by making workout dates or taking a walk together.

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Cook Up a Simple Southern Feast

Give your meal a Dixieland twist with our recipes from *Sara Foster's Southern Kitchen*. Bold flavors—we're talking coffee, bourbon, molasses—and a homey richness make these the kind of dishes everyone wants to sink their teeth into.

Molasses-Glazed Grilled Pork Loin

SERVES 4 TO 6

- Two 1-pound pork tenderloins
- ¼ cup strong black coffee, cold or room temperature
- ¼ cup bourbon
- 3 tablespoons molasses
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh thyme
- Sea salt and freshly ground black pepper

Rinse the pork, pat dry, and trim any excess fat. Place in a shallow bowl or large resealable bag.

Whisk together the coffee, bourbon, molasses, vinegar, oil, and thyme in a small bowl. Pour the marinade over the pork, and turn to coat evenly. (Or if using a plastic bag, pour the marinade into the bag, seal, and shake to coat.)

Cover, and place in the refrigerator to marinate for at least 2 hours or overnight. Turn the pork several times to distribute the marinade evenly.

When you are ready to cook the pork, prepare a hot fire in a charcoal or gas grill, and let the coals burn to gray ash with a slight red glow. Keep the coals on one side of the grill to create areas of direct and indirect heat; if using a gas grill, heat just one side on medium. Or put a grill pan on the stove, and heat it on medium.

Remove the pork from the marinade, reserving the marinade, and season with salt and pepper.

Place grates on the hot grill, and cook for about 12 minutes, basting with the reserved marinade and turning three or four times to avoid charring.

Move the pork away from the heat, close the grill or cover with foil, and cook for another 3 to 5 minutes, until an internal thermometer inserted in the tenderloin registers 145 degrees for medium or 160 degrees for medium-well.

Transfer pork to a cutting board. Cover loosely with foil, and allow to rest for 5 to 10 minutes before slicing. Slice the pork into small rounds, ¼- to ½-inch thick, and serve warm.

Recipes excerpted from *Sara Foster's Southern Kitchen*. Photographs by Peter Frank Edwards. Published by Random House, an imprint of the Random House Publishing Group, a division of Random House Inc., New York. © 2011.

Creamy Grits With Roasted Butternut Squash and Blue Cheese

SERVES 4 TO 6

- 1 small butternut squash (about 2 pounds), peeled, seeded, and chopped
- 3 tablespoons olive oil
- 2 teaspoons sea salt, plus more to taste
- Freshly ground black pepper
- 3 cups water
- 1 cup stone-ground yellow grits
- 1 cup milk
- 1 cup freshly grated Parmesan cheese
- 3 tablespoons unsalted butter
- 1 tablespoon chopped fresh rosemary, plus more for garnish
- ½ cup crumbled Gorgonzola or other blue cheese

Add a little crumbled bacon and you can serve this as an entrée.

Preheat the oven to 400 degrees. Toss the squash with the olive oil to coat evenly, and season with salt and pepper to taste.

Spread in a single layer on a rimmed baking sheet, and bake until golden brown around the edges, 30 to 35 minutes, stirring halfway through.

While the squash is baking, bring the water to a boil in a large saucepan. Add the remaining 2 teaspoons salt, and slowly add the grits in a steady stream, whisking constantly. Reduce the heat to low, and cook, stirring, for 15 to 20 minutes, until the grits begin to thicken.

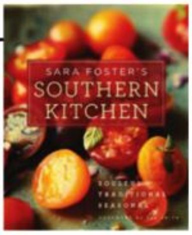
Add the milk, and continue to cook and stir for 5 minutes, until the grains are tender and the mixture is thick.

Remove from the heat, and add the Parmesan cheese, butter, and rosemary, stirring to melt. Taste for seasoning, and add salt and pepper if desired.

Place the grits on a platter or divide evenly between individual serving plates, scattering the roasted squash on top. Sprinkle with the Gorgonzola, garnish with rosemary or arugula, and serve warm.

Buy This Book

You'll find tons of other deliciously hearty recipes in here. Others to try: Brown-Bag Chicken and Sweet Potato Spoon Bread.



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Pringle Bells,
Pringle Bells!
Pringle Bells
Pringles
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Hummingbird Cake

SERVES 10 TO 12

3½ cups all-purpose flour
2 cups sugar
2 teaspoons baking powder
1 teaspoon kosher salt
1 teaspoon ground cinnamon
½ teaspoon baking soda
½ teaspoon freshly grated nutmeg
1 cup canola or other vegetable oil
3 large eggs, beaten
2 cups ripe mashed bananas (about 4 bananas)
One 8-ounce can (1 cup) crushed pineapple, with juice
1 tablespoon pure vanilla extract
1 cup chopped pecans

FROSTING
1 pound cream cheese, softened
½ pound (2 sticks) unsalted butter, softened
6 cups confectioners' sugar, sifted
1 tablespoon bourbon
2 teaspoons pure vanilla extract
1 cup chopped pecans, lightly toasted

Some say this cake gets its name because it came from Jamaica, where the hummingbird is a national symbol.

For the Cake

Preheat the oven to 350 degrees. Lightly grease and flour three 8- or 9-inch round cake pans.

Combine the flour, sugar, baking powder, salt, cinnamon, baking soda, and nutmeg in a large bowl, and stir to mix. In a separate bowl, whisk together the oil and eggs until combined.

Add the bananas and pineapple with juice, and stir to mix.

Stir the egg mixture into the flour mixture with a wooden spoon or spatula just to combine. Stir in the vanilla and pecans.

Divide the batter evenly between the prepared pans, and bake on the center rack of the oven for 25 to 30 minutes or until a wooden skewer inserted in the center comes out clean.

Remove the cakes from the oven, and let cool in the pans for about 10 minutes. Run a small knife around the edges of the pans before turning the cakes out onto a baking rack to cool completely before frosting.

For the Frosting

Combine the cream cheese and butter in a large bowl with an electric mixer until light and fluffy. Slowly add the sugar, and beat until all is incorporated. Beat in the bourbon and vanilla.

Put It All Together

Once the cakes have cooled completely, use a long, serrated knife to slice off the rounded top portion of each cake to make a flat, even surface. Discard the trimmings.

Place one layer, cut side down, on a large plate or cake stand. Spread evenly with about a third of the frosting, and sprinkle with about a third of the pecans. Repeat with the remaining layers, spreading the remaining frosting over the top of the cake and sprinkling with the remaining pecans. Slice and serve.

If not serving within 2 hours, store in the refrigerator; remove the cake about 1 hour before serving, and let come to room temperature.

Recipes excerpted from *Sara Foster's Southern Kitchen*. Photographs by Peter Frank Edwards. Published by Random House, an imprint of the Random House Publishing Group, a division of Random House Inc., New York. © 2011.

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Cosmo Astrologer

Get a sneak peek at what to look forward to...and what to watch out for.

BY STACEY WOLF

Scorpio

BIRTHDAY GIRL (OCT. 24–NOV. 22)

Strengths: Ambitious, passionate, independent
Weaknesses: Stubborn, possessive, moody
What makes you sexy: Equal parts foxy siren and cool chick—guys are first pulled in by your steamy magnetism...and before long, they're gunning to make things official.
Your birthday month: The generous Sun pads your wallet with extra cash around the 23rd. Whether it's b-day money or an unexpected bonus, save some and use the rest for a once-in-a-lifetime trip.
Dating tip: Vixen Venus has you oozing sex appeal near the 3rd. Hit a dive bar with friends, commandeer the jukebox, and dance your ass off—hotties won't be able to resist joining you.
Love advice: Close to the 12th, untamed Mercury taps your wild side in a major way. Have him cuff and blindfold you—the sensations are guaranteed to be over-the-top.

Anne Hathaway
November 12, 1982

Sagittarius (NOV. 23–DEC. 22)

Know that annoying task you've been avoiding (updating your résumé, cleaning the closet)? Near the 9th, the eclipse pushes you to check it off your list. It feels great to be done at last.
Dating tip: Offbeat Uranus puts a guy who's not your usual type in your path by the 22nd. Even though he's quiet and more of a homebody than you are, give him your number when he asks; you'll actually totally click.
Love advice: Around the 4th, comical Mercury says start an inside joke, like e-mailing him an absurd sloth pic you find online—a silly tradition will make you feel closer.

Capricorn (DEC. 23–JAN. 20)

From family obligations to friend drama, you're finding yourself pulled in all directions close to the 15th. So insightful Neptune says schedule a date night in with yourself: wine, candles, and the last season of *Glee*.
Dating tip: Near the 24th, go to the store for last-minute Thanksgiving supplies. Under the auspicious Moon, you'll run into a cute guy doing the same thing—get your chat on.
Love advice: After the 28th, carnal Pluto wants you to wake him up in the middle of the night with oral. He'll think he's dreaming.

Aquarius (JAN. 21–FEB. 18)

When work is stressing you out near the 1st, the smart Sun says it's key to start the day on the right foot—have shower sex with your man or take a relaxing a.m. yoga class.
Dating tip: By the 20th, you find out a dude you've secretly been into forever is finally single. Sultry Saturn coaxes you to write a flirty note on his Facebook wall.
Love advice: Around the 27th, cozy Pluto suggests having a pancake-making competition then eating them together in bed.

Pisces (FEB. 19–MARCH 20)

All eyes are on you midmonth, thanks to the eclipse. Make the most of it by organizing a karaoke night with your girls. Your confidence will soar.
Dating tip: Near the end of the month, turbulent Mars causes a conversation car crash with a first date surrounding a hot-button issue, like the Tea Party. Salvage the night by changing the subject to the worst travel stories ever.
Love advice: When out with a group near the 16th, devilish Jupiter urges you to text him: "Wink if you want me." Then head home, throw him on the bed, and have one of the hottest nights of your whole damn life.

Aries (MARCH 21–APRIL 20)

Pay attention near the 2nd, because visionary Pluto is giving you a strong gut feeling about a guy. Follow your instincts.
Dating tip: Athletic Mars rules around the 16th, so head to a running store and scope out the sneaks...as well as the totally ripped, six pack–blessed employees. *Ohhh*, yes.
Love advice: Close to the 27th, imaginative Venus says whisper your naughtiest fantasy to him—then put it into action.

Taurus (APRIL 21–MAY 21)

The antsy Moon has you itching for change midmonth. Instead of the usual bar hangouts, go on a daytime hike with your BFF. You'll uncover a surprising piece of info about her.
Dating tip: Under bold Mars, an ex wants to get back together near the 15th. You're tempted, but take time to think it over and be sure you're doing it for the right reasons.
Love advice: After the 24th, provocative Neptune spurs you to try a wild look in bed, like wearing rhinestone pasties.

Gemini (MAY 22–JUNE 21)

You are in serious need of R & R midmonth! The eclipse suggests springing for a luxe spa service, like a body salt scrub.
Dating tip: When you're out with a newish guy around the 16th, gutsy Mars says stroke his thigh under the table.
Love advice: Conflicting schedules pull you apart at the end of the month. Guided by sensual Jupiter, reconnect at a cozy bistro.

Gregory Pace/BEImages

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Cancer (JUNE 22–JULY 22)
Around the 10th, duplicitous Neptune has a frenemy spreading rumors behind your back. Confront the bitch face-to-face instead of online or via text.
Dating tip: A hot guy asks you for directions near the 3rd. The flirtatious Sun urges you to offer to walk with him for a block or two.
Love advice: At the beginning of the month, festive Jupiter says pop the champagne and celebrate something random yet risqué, like the six-month anniversary of the time you and he christened the couch.

Leo (JULY 23–AUG. 23)
The effervescent Moon has you craving midmonth revelry. Call your girls, slip into something ridiculously short and/or tight, and head out to a dance club.
Dating tip: When a friend bails on an end-of-the-month happy hour, grab your latest issue of Cosmo and head solo to a wine bar under confident Mars. A dude there digs your independent vibe.
Love advice: On the 11th, the inventive Moon says start the weekend on a naughty note by discovering the joys of counter (or sofa or washing-machine…) sex.

Virgo (AUG. 24–SEPT. 23)
Near Thanksgiving, nostalgic Mercury entices you to call your first-grade crush. It's so much fun reliving childhood memories.
Dating tip: Before the 9th, revealing Venus says play truth-or-dare on a third date. (Keep the dares low-key—like stealing a cherry from behind the bar.) It gives the night a playful-sexy attitude.
Love advice: Under domestic Jupiter, cook a comfort-food dinner with your guy around the 15th…wearing only aprons.

Libra (SEPT. 24–OCT. 23)
Social Jupiter has overbooked your schedule during the last week of the month. Instead of running from plan to plan, invite everyone to meet you at your fave bar. Bonus: The event leads to a romantic sitch for one of your single friends.
Dating tip: When a new guy asks you to go to a football game around the 16th, say yes…and bring some tailgating snacks. He's psyched by your thoughtfulness.
Love advice: Near the 20th, cerebral Saturn wants you to go to a museum with him. See who can spot the most nudes—winner gets extra oral later.

Scorpio: Best Love Matches

Cancer
Tobey Maguire
June 27, 1975

Both curious, you'll draw out each other's secrets over dinner before making toe-curling discoveries between the sheets.

Virgo
Alexander Skarsgard
Aug. 25, 1976

You fall for his romantic side (flowers, hand-holding) and love how creative he is in bed—he'll get you into positions you've never heard of.

(From left) Charles Sykes/Rex USA; Matt Baron/BEImages.

Turning Him On
The stars reveal how to tantalize your man based on his sign.

Scorpio
Responsive Uranus is making him extra touchy-feely close to the 3rd. Flood his senses by running a feather over his naked body in bed.
The move he's craving: Dirty talk. Tell him exactly how it feels when he enters you.

Sagittarius
He's dying for an adrenaline rush under thrill-seeking Jupiter. Near the 28th, pull him into a closet at a party and go down on him.
The move he's craving: Smoldering eye contact. During doggie-style, turn your head so he can see how turned on he's making you.

Capricorn
When journeying Neptune sends him on a trip around the 20th, give him something to remember the night before he leaves: a striptease.
The move he's craving: A naughty message. Leave a breathy VM on his phone.

Aquarius
Midmonth, the eclipse makes him a party animal. So hit the circuit together—wherever you go, you'll be the hottest couple in the room.
The move he's craving: A lusty grope. Grab his ass as he's reaching for a brew from the fridge.

Pisces
Flattering Mars makes him a sucker for compliments around the 16th. Tell him how jacked he looks; it'll lead to insane sex.
The move he's craving: Half-dressed action. Hike up your skirt, and straddle him on the couch.

Aries
Under cash-strapped Saturn, he's low on $$ near the 18th. Suggest a sexy at-home date: a bottle of red and a sultry movie, like *Lust, Caution*.
The move he's craving: Anticipation. Take your time teasing and tormenting pre-sex.

Taurus
Close to the 25th, erotic Neptune has him thinking wicked thoughts. Give him a coy smile, and ask what's on his mind.
The move he's craving: A tempting taste. Dust on edible body powder, like Urban Decay's Honey Powder, and have him lick it off.

Gemini
Around the 22nd, the passionate Moon makes him extra communicative. Now is the moment to bring up a serious topic, like moving in together.
The move he's craving: Frisky foreplay. Do a yoga DVD at home together…naked.

Cancer
Motivated Venus has him hitting the gym almost every day at month's end. Join him; it'll intensify your bond plus give sex a pleasure boost.
The move he's craving: Semipublic fondling. Subtly stroke his package at the movies.

Leo
Beguiling Mars makes him Mr. Romantic near the 5th. Take advantage: Let him know what you really want for the holidays.
The move he's craving: Body heat. Open the windows, get on top of the covers, and warm each other up.

Virgo
Under mellow Saturn's influence, he's practically glued to the couch around the 20th. Entice him out by making dinner plans with another couple.
The move he's craving: Rough sex. Tug his hair as you climax.

Libra
The wanton Moon pushes his libido into overdrive near the 12th. Cancel girls' night and lose some sleep; the all-night lustathon is worth it.
The move he's craving: A peep show. Strut around the house in your laciest lingerie.

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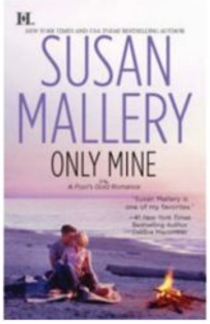
The Naughty Bachelor

Dakota Hendrix is overseeing a romance reality competition that's being filmed in her town. Screening eligible bachelors may sound like a dream gig, but Dakota is more interested in Finn Anderson, the sexy older brother of twin cast members who also happens to be hell-bent on making sure the footage never sees the light of day….

▶ *Fool's Gold, California, is the only place Dakota Hendrix has ever called home. Even though the town's supply of single men is low, she loves living there. But the community is thrust into the spotlight when a production company hears about its chronic guy shortage and decides to use it as the set for a romance reality competition. In an effort to make sure her neighbors aren't portrayed as desperate spinsters, Dakota signs up to screen the eligible bachelors.*

She casts a pair of gorgeous twins, which doesn't sit well with their protective older brother, Finn Anderson. He wants them to focus on college, not a reality show, and goes to Fool's Gold to demand that Dakota recast. Dakota is sympathetic, but her hands are tied. So Finn decides to stay and monitor the filming…and Dakota is A-OK with that, since it means more chances to flirt. Gradually, Finn warms to Dakota, so one evening, she invites him over for dinner. But they never get around to eating….



From *Only Mine*, by Susan Mallery…

A Yummy Appetizer

Dakota was about to start sautéing the chicken when she heard a knock on the door. She took a deep breath and opened it.

"Hi," she said.

It was good she spoke quickly, before she could really see him. Once she took in the way his shirt hugged his broad, defined chest and how his blue eyes popped against his dark hair, she was definitely a little flustered.

"Hi, yourself," Finn said, smiling.

Dakota led him into the kitchen.

"This is nice," Finn said, glancing around the room.

"Thanks," she said. "You know, if you'd come to Fool's Gold under different circumstances, you would have liked it."

"I like Fool's Gold fine," he told her.

"This is always going to be the place your brothers ran off to."

"It doesn't have to be that way," he said.

Dakota sighed, irritation creeping in. "We've been over this, Finn. They are 22 years old, and it's their decision."

"That's not what I meant," Finn said. He came around the counter, stopping to stand only inches from her.

Dakota felt a shiver of electricity run through her.

"Then what did you mean?" she asked.

"I meant that Fool's Gold could also be the place where I met you."

The Truth Comes Out

With that, Finn cupped her face in his hands and kissed her. His lips were soft and firm. But Dakota found the strength to push him away.

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"Are you just trying to get on my good side so I'll kick your brothers off the show?" she demanded.

"Not at all," Finn said.

Dakota looked into his eyes. Oh, yeah. That was some serious passion.

"Well, good," she said. "Because I'm very glad you did that."

Finn raised one eyebrow. "Me too."

She stepped toward him, pressing her body against his. Before she could suggest they move to her bedroom, Finn kissed her again.

Dakota surrendered to his embrace, wanting to feel his arms around her. He ran his fingers through her blonde hair, pulling her close to him.

Her stomach rubbed against his erection. He was hard and thick, and it painted an image in her head that filled her with desire.

Without thinking, she reached up and grabbed his hands, placing them over her breasts.

Her stomach rubbed against his erection. He was hard and thick, and it painted an image in her head that filled her with desire.

His thumbs found her nipples and teased them. As if reading her mind, he grabbed the hem of her sweater and tugged it over her head. He'd barely had time to toss it away before she unhooked her bra and took it off.

Finn pulled off his shirt and shoes. Bending down, he closed his mouth over her nipple. He licked the hard, sensitive tip before sucking deeply.

She ran her fingers through his hair then brought his face to hers so she could kiss him again.

As their tongues tangled, he unfastened the button on her jeans. She stepped out of them, along with her bikini briefs. Finn dropped to his knees, parting her thighs and kissing her intimately.

With each erotic lick, she felt her orgasm build. Her legs trembled until it was nearly impossible to stay upright. She dug her fingers into his shoulders, but it wasn't enough. She could feel herself starting to sink to the floor.

He caught her as she fell then carried her through the house and into her room.

Two Times the Fun

Finn laid her on the quilt that was covering her bed and tore off his jeans and boxers before sliding down next to her.

He ran his hands all over her body, starting at her shoulders before settling his hands on her breasts.

From there, he moved down her waist to the V between her legs. He shifted and bent down to kiss her.

His tongue went immediately to where she was most sensitive, steadily stroking her until she moaned.

It was too good. She had to make it last. But it was impossible. She gasped and cried out, falling over the edge.

Just as her breathing returned to normal, Finn straightened, leaned down to grab a condom from the pocket of his jeans, and rolled it on. He positioned himself on top of her once again and entered her with one smooth thrust. He was big and filled her completely. The sensation was overwhelming.

When he was all the way inside, she opened her eyes and smiled at him. "Nice," she whispered.

He managed a grin. "You like?"

She wrapped her legs around his hips and drew him closer. When he withdrew and thrust in again, she urged him to go deeper.

With every stroke, she felt herself getting more aroused. Finn leaned forward so that his pelvis brushed against her, and she lifted her hips to meet him. Finn tensed, driving into her one last time, bringing her with him as he climaxed.

He kissed her before rolling onto his side and pulling her into his chest.

"I'm really glad I decided to stay in Fool's Gold for a while longer," he said.

"Me too," Dakota replied. And it was half the truth. The other half was that the longer Finn stayed, the harder it was going to be for her to let him leave. And knowing how he felt about his hometown and family, there was no question that was going to happen sooner rather than later. Falling for someone like him would be easy. Too easy. She was going to have to be very, very careful. ■

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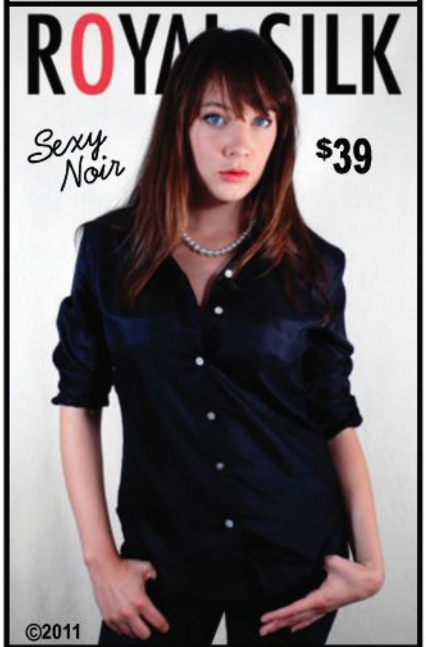

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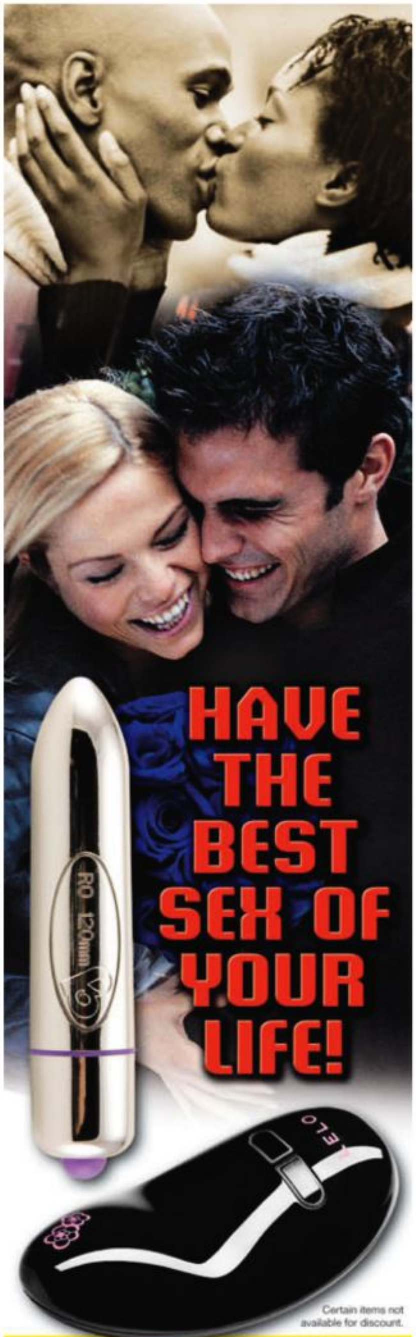

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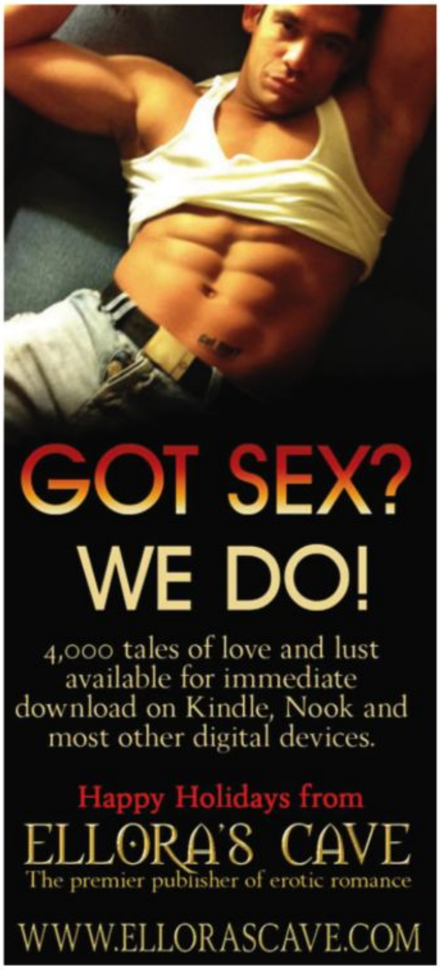
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celebrity weight-loss update

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SNOOKI'S DIET SECRET!

Another "CELEBRITY" caught cheating with controversial diet pill ZANTREX-3!!!

We all know that straight-shooting party girl Nicole "Snooki" Polizzi of MTV's *Jersey Shore* fame has fought a long-running battle with her body weight. But lately, we've noticed that Snooki's looking a little leaner and in much better shape. The rumor mill has been giving credit to her new trainer. However, Snooki recently raised eyebrows after being caught outside her gym with a bottle of Zantrex Fat Burner, an "extreme energy" supplement popular among bodybuilders and college students.

Until recently it was a little known fact that Snooki is a national spokesperson for Zantrex. Her association with Zantrex leaked out after she returned from Italy... a couple of dress sizes smaller... and people started asking questions. Oops!

TWITTER BOMB!

Last week, Snooki tweeted a snapshot of herself looking busty and surprisingly thin in her bedroom mirror, and take a look at what's sitting on the dresser in the photo... yep, you guessed it, the familiar bright red bottle of Zantrex-3 Fat Burner. Ladies and gentlemen, we rest our case.

So what's Snooki's real **weight-loss secret:**

The trainer, or the pills?

Our best guess is that it's a bit of both. Certainly, regular visits with a personal trainer are going to help, but it hardly seems insignificant that Snooks actually walks around with a bottle of Zantrex in her bag.

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FROM "BEFORE" TO "COVER GIRL"

Zoller Laboratories, maker of original Zantrex-3 (the blue bottle) and Zantrex Fat Burner (the red bottle), claims to have sold millions of bottles over the past 7 years. The pills are favorites among the "high energy" crowd, with good reason: the formulas are packed with high-power xanthine stimulants, along with compounds which, they claim, cause "rapid weight loss" and "rapid fat loss." Available at the WalMarts of the world for under $30 dollars. Having a hard time finding Zantrex? Try their website at **Zantrex-3.com** or call **1-800-373-0317**

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1. Your guy gives you a three-digit gift card to a spa/salon for your anniversary. What do you spend it on?

- **a** A daylong pampering sesh (massage, facial, the works)
- **b** A weekly mani-pedi until the balance finally runs out
- **c** A few things at different times—like a wax and then a blowout

2. Describe your dream sex life.

- **a** Hot quickies with your man whenever and wherever you want them
- **b** A mix of sensual encounters as well as wilder ones, like in the bathroom at a party
- **c** Tons of foreplay plus a new position or prop every time

3. The company you work for allows you two weeks of vacation. How do you divvy up the time?

- **a** You give yourself a weeklong summer beach vacay and several random long weekends.
- **b** You squirrel it all away, saving for one super-exotic getaway.
- **c** You take a day off each month or so when the urge strikes to sleep in and loaf around.

4. Your birthday is coming up, and it's a milestone year. You celebrate by:

- **a** Having a few casual events—cupcakes with coworkers, bar-hopping with BFFs.
- **b** Booking a VIP room and toasting champagne with your friends at a swanky nightspot.
- **c** Inviting your group to an I-can't-believe-I'm-so-old! dinner at a trendy restaurant.

5. On a random Saturday afternoon when you have no plans, where would we most likely find you?

- **a** At home, prepping for the party you're hitting that night
- **b** Texting your girls to see who's around for a movie or an outdoorsy adventure
- **c** Scoping flash-sale sites, just in case anything cute pops up

7 TO 10 POINTS

Binge-and-Splurger

Your approach to pleasure? Go big or go home. Because when you indulge, you do it balls out—spa days, drawn-out lustathons—even if it means depriving yourself for long periods before you can afford or find time to schedule the good stuff again. "Yet holding out like that closes you off to quick, unplanned joys, and your life isn't as sweet as it could be," says life coach Susan Biali, MD. Give yourself more daily bliss by arranging an impromptu brunch or jumping your guy as soon as he walks in the door.

4 TO 6 POINTS

Savvy Pleasure Seeker

You have this pursuit-of-happiness thing all figured out: You allow yourself mini treats, like a blowout, while also investing in experiences that promise a deeper payoff—for example, a memorable dinner with friends, says Kelly McGonigal, PhD, author of *The Willpower Instinct*. Because you experience both small and richer pleasures, you end up feeling way more satisfied overall.

0 TO 3 POINTS

Impulse Spender

Good for you for being so open to last-minute thrills—they are fun and simple and give you a boost. Problem is, you reward yourself a little *too* easily (okay, log out of the flash sale). "Fleeting pleasures are exhilarating, but they're not truly fulfilling," says McGonigal. "Instant gratification always wears off and leaves you craving more." Instead, prioritize what you want so you know when to splurge versus wait, like if you *need* a Monday off or would rather save for a bigger trip. That way, you get the best of both worlds.

(iPad) apple.com. (Model) TAMARA SCHLESINGER.

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SCORING: **1.** a–2, b–0, c–1; **2.** a–0, b–1, c–2; **3.** a–1, b–2, c–0; **4.** a–0, b–2, c–1; **5.** a–2, b–1, c–0

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